

JANUARY 16, 2006

AFTER SHARON: DOES PEACE STAND A CHANCE?

TIME

SPECIAL SECTION
HOW
TO
SHARPEN
YOUR MIND

THE MAN WHO BOUGHT WASHINGTON

Jack Abramoff took influence peddling to new heights—and depths. Now he's ready to tell all. A TIME investigation of the lobbyist who's turning Washington inside out

BY KAREN TUMULTY

You use 25 barrels of oil a year.

So are you ready to do something about it?

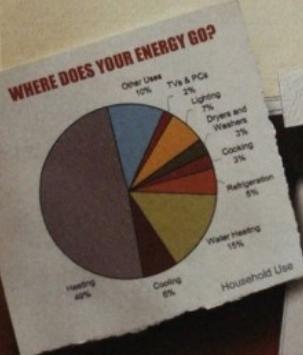


Because of surging economies in the developing world and continued growth among the industrialized nations, global energy use is soaring. As a result, supplies are tight. Prices are rising. And energy users are calling for viable alternatives.

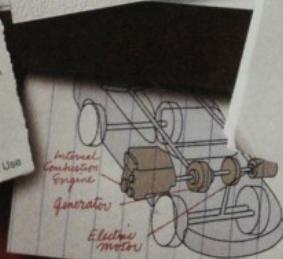
The good news is we've got a huge source of alternative energy all around us. It's called conservation, and it's the lowest cost new source of energy we have at hand. Since 1973 alone, improvements in energy efficiency have resulted in a 50% reduction of our daily energy use, which is the same as discovering 25 extra million barrels of oil equivalent every single day. Clearly, saving energy is like finding it. But we all need to do more.

For developed and emerging economies alike, incorporating energy efficient technology into construction projects can reduce consumption by 40%. The use of more fuel efficient vehicles – including hybrids – is encouraging, and if automakers improved fuel economy across the board by just 5 mpg, we'd save over 22 billion gallons of gasoline a year. Governments and businesses need to reduce their own energy use and promote conservation to their citizens and employees. And the average person wields incredible power when it comes to conserving energy; if everyone lowered their heating temperature 6 degrees, we'd save 570,000 barrels of oil every day.

Of course, not only does using less energy mean there's more fuel to go around, it also means fewer greenhouse gas emissions. The fact is, if everyone began conserving today, we'd see results immediately. We've taken some of the steps needed to get started, but we need your help to get the rest of the way.



willyoujoinus.com



Conservation Facts:

The U.S. consumes a million dollars worth of energy every minute

Replacing just one incandescent lightbulb with a compact fluorescent lamp would save 500 pounds of coal and over a 1/2 ton of CO₂ emissions

If just one in 10 homes used ENERGY STAR®-qualified appliances, the environmental benefit would be like planting 1.7 million new acres of trees

⚠ Chevron Steps Taken:

- Saving our own energy: Since 1992, Chevron has reduced its own energy consumption by 24%
- We use cogeneration technology at our refineries to produce additional electricity from otherwise wasted energy

Saving other people's energy:

- Chevron has a separate, proven business dedicated to energy efficiency. Success stories include:
- Improvements that will lower the Northern CA postal service's electricity spending by 46%
 - Helping the U.S. government save taxpayers \$151 million while reducing greenhouse gas emissions by an expected 1.5 million tons





I want him to learn the
importance of saving.

He wants whatever he sees
on television. Any ideas?

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There's one.



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So teaching the importance of saving is as easy as giving in once in a while.

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medicines to people
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just those who can
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If you don't have health insurance or a prescription drug plan and also can't afford the Merck medicines you need, you may be eligible. For nearly 50 years, this Merck program has provided our drugs free to millions of Americans. For more information, call 1-800-727-5400 or visit merck.com.

Medicare Assistance.

After low-income seniors exhaust their \$600 Medicare benefit, we'll provide free Merck medicines. For information about how to sign up for a Medicare-approved drug discount card, call 1-800-MEDICARE or visit medicare.gov.

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If you don't have prescription drug insurance, the new Merck Prescription Discount Program can offer you discounts on Merck medicines of 15% to 40% regardless of your age or income. Call 1-800-50-MERCK to find out which Merck drugs are included and to enroll in the program.



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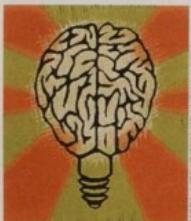
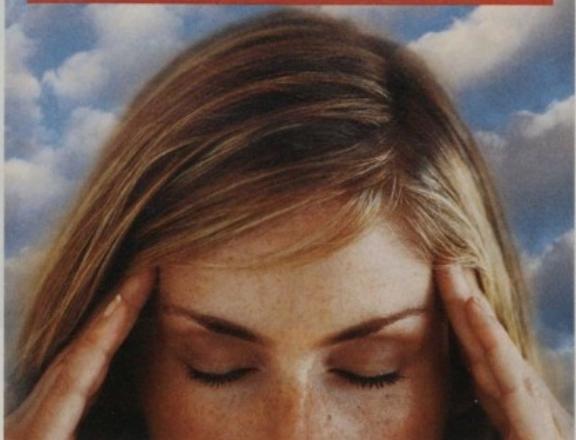
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SPECIAL REPORT

Getting Smarter

How to stay focused, become organized, and boost your productivity

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TIME
ONLINE EDITION

ILLUSTRATION FOR TIME BY JEFF FOLEY

Our special section on how to

sharpen your mind offers 34 pages of news and advice, but you can find even more to stimulate your gray matter on TIME.COM, including a quiz on whether such celebrities as Bill Ford, Martha Stewart, John Gruden and Oprah Winfrey are morning people or night owls. We want to hear from you too, so visit TIME.COM to share your ideas on finding a balance between work and rest—and staying on the ball.

WHEN TO IGNORE YOUR CELL PHONE

Go to [time.com](#) for coping strategies from behavioral expert Dr. Edward Hallowell, author of the forthcoming book *CrazyBusy*, who chats with senior correspondent Sonja Steptoe.



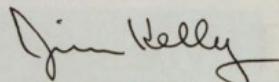
ONLINE QUIZ
Celebs and their sleep

FROM THE EDITOR

Ahead of the Story



FOR MONTHS, KAREN TUMULTY has been telling TIME readers that the Jack Abramoff scandal would be big, and the disgraced lobbyist's plea bargain last week has been the loudest thunderclap so far in what promises to be an electrifying spectacle of corruption. Karen, a star journalist in our Washington bureau, covered the Democratic Party scandals on the Hill 15 years ago. "So I knew that when you start seeing little signs of trouble—a few admonishments from the ethics committee, a gift or a trip that a Congressman shouldn't have taken—you start looking for a pattern. We were the first to reveal aspects of the crucial role that Ed Buckham (Tom DeLay's former chief of staff and pastor) played hooking up Abramoff with Tom DeLay's office. We found out that, in arranging a questionable junket to London, DeLay staff members were demanding that Abramoff produce *Lion King* tickets, rooms at the Four Seasons and other lavish accommodations. And—with e-mails obtained by my colleague Adam Zagorin—we showed that Ralph Reed was helping Abramoff gain access at the White House."



James Kelly, Managing Editor

Charlie Rose

TIME journalists appear regularly on PBS with interviewer Charlie Rose to discuss the events of the week, fascinating characters and major ongoing stories. See [charlierose.com](#) for schedules, show transcripts and more program information.



PHOTOGRAPH BY AP/WIDEWORLD

SHARON'S LEGACY AND ISRAEL'S FUTURE

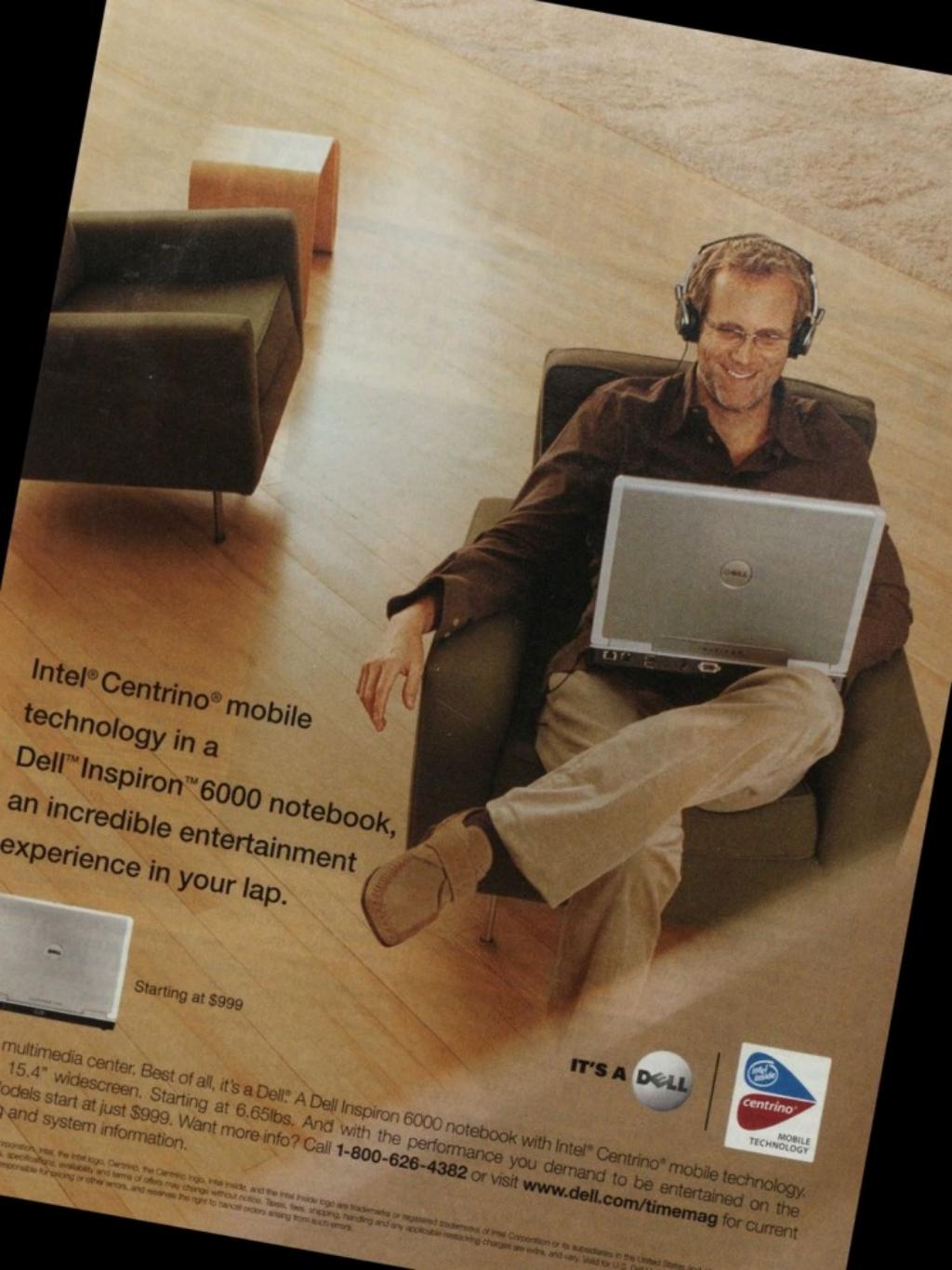
Click on [time.com](#) for fresh dispatches from the Middle East on the impact of the leadership void left by Ariel Sharon as well as a retrospective of his life in pictures taken by veteran photojournalist David Rubinger. TIME's historic coverage of the Israeli leader, who has appeared on the magazine's cover twice, can be found at [time.com/Sharon](#).

STAY SHARP WITH ANDERSON COOPER 360°

Tune in to Anderson Cooper on CNN this week to see TIME journalists take part in a series based on our special section "How to Sharpen Your Mind." The show airs at 10 P.M. E.T., Monday-Friday.



CNN



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10 QUESTIONS FOR DAVE BARRY

Pulitzer-prizewinning humorist Dave Barry, 58, may have stopped writing his weekly column a year ago, but he managed to scrounge together some thoughts for his 27th book, out next week, *Dave Barry's Money Secrets: Like Why Is There a Giant Eyeball on the Dollar?* He spoke with TIME's Jeff Chu on Neil Diamond, the state of newspapers and his own endless run for the presidency.

WHY FOCUS ON MONEY? There seem to be thousands of books out there about money, and I am basically trying to viciously mock them. They don't seem to do a lot of good. Look at how many have been sold. Theoretically, every living human being should be at least a millionaire if these books were even halfway effective.

YOUR FANS MAY NOTE THE ABSENCE OF BOOGER, ONE OF YOUR TRADEMARK WORDS. In fact, I mainly used it to describe the kind of humor I do—"Oh, I write booger jokes." If you actually were to look through my oeuvre, there's probably only once ... a day that I used it. Only a few thousand times did I go to that well.

YOU PICK ON FAMOUS PEOPLE—ALAN GREENSPAN IN THIS BOOK, NEIL DIAMOND IN THE PAST. I've had surprisingly nice reactions. I wrote a column making fun of Neil Diamond's lyrics "I am," I said/To no one there/ And no one heard at all/ Not even the chair." I said it was one of the worst lyrics ever written. The column became *The Book of Bad Songs*, which I dedicated to him. A few years ago, he was playing South Florida and invited me to his concert. Which I didn't go to because a) I couldn't, and b) he might have had people kill me.

LAST JANUARY YOU SAID YOU WERE TAKING A BREAK FROM



YOUR WEEKLY COLUMN. LAST MONTH YOU MADE THE HIATUS PERMANENT.

I don't think I'm ever going back to writing weekly columns. It was clear early on—like, with my second column—that I had nothing to say. Thirty years was a long time to write with nothing to say.

YOU HAVE ENOUGH TO SAY TO BLOG (WWW.DAVEBARRY.COM).

I like blogging because it's flexible. Some days you do a lot. Some days you don't do any. I also like the interaction. If you write an entry and let

people comment on it, it's amazing how funny it can get. The Internet is a good thing for people who write.

NEWSPAPERS HAVE CHANGED SINCE YOU STARTED.

They're less edgy. I got my start in the late '70s, sending clips to editors and saying, "You should publish this." A surprising number did. I don't know that that would work now. When we had more space, more money and less obsession with losing readers, editors were quicker to print what they thought was funny

just because they thought it was funny. Now they're more likely to wonder, Is it really funny? Will it annoy people? Maybe we should show a focus group.

WHO WERE YOUR BIG COMIC INFLUENCES?

My biggest by far—besides my mother, who had an incredibly dark sense of humor—was Robert Benchley, a humor essayist. I always wanted to write like him. He was silly, and that appealed to me, that a grownup could be that silly and get away with it.

YOU HAVE WRITTEN ON SERIOUS TOPICS.

I wrote about my dad's death. My mom committed suicide. My son had a very bad accident. In each case, I wrote about them more just to get it out of me. I got a lot of letters that said, You should write more serious stuff. My reaction was, I don't want to. I wrote serious things because really bad things happened that forced me to confront them. I don't want to write about really bad things. I want to write about funny things.

BY SERIOUS I MEANT POLITICS, THE GOVERNMENT.

The Federal Government? I don't think anyone outside Washington thinks of it as serious. The humor in government—especially the way we elect Presidents—is the mother lode. When you're watching a man flip pancakes in New Hampshire while answering questions about Social Security reform, you're watching a funny way to choose the leader of the free world.

YOU'VE RUN FOR PRESIDENT AS A WRITE-IN CANDIDATE SINCE THE '80S.

Only for the money. I'm not one of those weenies who will drop out of the race just because they held an election and the Electoral College declared somebody else the winner. I just stay in the race and keep accepting cash contributions. That's the kind of candidate I am. Also, I have bumper stickers left over.

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Request a prospectus or a briefer profile; each includes investment objectives, risks, fees, expenses, and other information that you should read and consider carefully before investing.

*Based on the fiscal year-end data available as of 9/30/05, the Retirement Funds' total expense ratios versus their Lipper category averages for individual investor funds are 0.63%, 0.67%, 0.71%, 0.74%, 0.76%, 0.79%, 0.79%, 0.79%, and 0.79% for the Retirement 2005, 2010, 2015, 2020, 2025, 2030, 2035, 2040, and 2045 Funds, respectively, versus 1.46% for the flexible portfolio funds category, and 0.56% for the Retirement Income Fund versus 1.14% for the income funds category. (Source for data: Lipper Inc.) Please note that the Retirement Funds should not be considered a complete retirement solution. When planning for retirement, you should also think about factors such as needed emergency cash reserves, the amount of equity in your home, and your life and health insurance options. Before investing in one of these funds, be sure to weigh several factors, such as your objectives, time horizon, and risk tolerance, as well as your retirement needs and other sources of income. T. Rowe Price Investment Services, Inc., Distributor.

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Say hello to your world, closer. Your world, fuller. Your world, delivered. AT&T's passion to invent and SBC's drive to deliver have come together to create the most complete and secure network. To deliver the integrated solutions your business needs, and the people, places and passions your life demands. All through innovative products and services that can make a real difference in your world.

Introducing the new



The Best Photos of 2005

Reflecting a year marked conspicuously by natural and human disasters, our selection of pictures made many readers think we had overlooked the year's sunnier moments. But for others, the images underscored photography's power to convey reality and renew perspective on life's trials—and gifts

HOW OFTEN DO THOSE WHO HAVE THE good fortune to be comfortable, safe and secure take their situation for granted? Your collection, "The Best Photos of 2005," serves as a humbling reminder of the fragility of the human condition [Dec. 19]. In juxtaposing our vulnerability to Mother Nature's wrath with our suffering and violence at the hands of fellow human beings, those images of death and destruction do more than etch a small piece of history into our minds; they carve out in our hearts a warning for the future.

JEFF MICHAUD
East Hartford, Conn.

I CANNOT RECALL ANOTHER YEAR THAT brought such human misery. Whether caused by nature or man, the events depicted in your collection reminded me how truly awful 2005 was. May the human family look forward to some small measure of joy in 2006.

ROBERT D. RAUCH
Bayside, N.Y.

AS I LOOKED AT THE PHOTOS, I THOUGHT I should never again complain about having to wait in line an extra minute or two or having to shovel a snowy walkway or gripe when a store is out of my favorite item. The next time I get upset over trivial everyday things, I should step back and look at the big picture.

JEFFREY N. ACHBER
Laconia, N.H.

YOUR EDITORS ENHANCED THE NATION'S misery index in smashing style with the overwhelming number of pictures that were a stark visualization of ugliness, suffering and pain. Didn't any of your photographers catch a pear tree blossoming? A wren scolding? A schoolboy playing?

JOHN F. WALDRON
Virginia Beach, Va.



These pictures speak to each of us on many different levels, evoking awe, horror, compassion and hope all at the same time.™

SHANA RUSONIS
Ellicott City, Md.

KUDOS FOR HAVING THE GUTS TO PRINT the full, unretouched image of Army Specialist Matthew Braddock, an amputee recovering from injuries he suffered in Iraq. Too much of the truth about this war has been doctored.

PHIL SIPOS
Richfield, Ohio

YOUR PHOTOS OF THE YEAR PROVE THAT 2005 was a devastating time for most of the world. My eye was caught by the pic-

ture of the London bus mangled by a bomb explosion. Ironically, the remnants of a theater or movie advertisement on the side of the bus read, OUTRIGHT TERROR... BOLD AND BRILLIANT.

EMILIO A. SCHLAbITZ
Culver City, Calif.

WHAT STRIKING PHOTOS YOU PICKED! What an amazing year! I don't remember being so affected by a series of magazine pictures since the tumultuous year of 1968. The image shown on the cover, of the New Orleans Garden District aflame, reminded me of a Currier & Ives lithograph. Despite my dislike for the war in Iraq, especially for all the dissembling by politicians that got us into it, I couldn't help feeling a twinge of patriotic pride upon seeing the photo of an Iraqi woman voting.

ALEXANDER WELLS
Los Angeles

The Elusive Father Figure

YOUR PIECE ON JOSEPH'S RELATIONSHIP with Jesus, "Father and Child," was timely [Dec. 19]. Joseph plays a great role in the season of Christmas and in Jesus' family. I am grateful for the article. In contemplating Joseph's role, you quoted author Jerry Jenkins, who got it just right: "We can make him work for whatever we want him to work for, as long as we stay within the intent of Scripture." Let us explore Joseph's hidden virtues.

RAMON C. SANTOS JR.
Pasig City, the Philippines

AS A CHRISTIAN WHO BELIEVES IN THE miraculous birth of Jesus, I have deep respect and affection for Joseph and Mary. Their lives were sacrificial and worthy of their great calling. Nevertheless, by focusing on speculations and possibilities about those two worthies, people lose



Treating bipolar disorder takes understanding:

where you've been

You've been up and down, with mood swings and relapses. You may have also been misunderstood or misdiagnosed for years before being properly treated.

where you want to go

You want to move forward with treatment to help stabilize your mood swings. It starts with effective symptom control.

and how to get there

ABILIFY may be able to help. ABILIFY is indicated for treating acute manic or mixed episodes associated with Bipolar I Disorder and maintaining efficacy in patients who have been stabilized and then maintained for at least six weeks. That means ABILIFY could help control your symptoms of bipolar mania, stabilize your mood, and reduce your risk of manic relapse. In clinical trials, most patients taking ABILIFY did not gain weight or feel drowsy.* (See most common side effects listed below.)

HOW ABILIFY IS THOUGHT TO WORK:

While the exact way ABILIFY (or any medicine for bipolar disorder) works is unknown, it is thought that ABILIFY may work by affecting the activity of some key brain chemicals—adjusting dopamine, instead of completely blocking it, and adjusting serotonin.

When activity of key brain chemicals is too high, ABILIFY lowers it.



When activity of key brain chemicals is too low, ABILIFY raises it.

Ask your doctor or healthcare professional if ABILIFY is right for you. Visit ability.com/bipolardisorder to find out more.

Individual results may vary.

www.ability.com/bipolardisorder

*On average, in short-term trials, patients reported: meaningful weight gain, ABILIFY 3%, placebo 2%; drowsiness, ABILIFY 12%, placebo 8%.

What important information about ABILIFY do I need to know?

Elderly patients diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with atypical antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your doctor or healthcare professional right away if you have or develop any conditions or side effects, such as:

- Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of **neuroleptic malignant syndrome (NMS)**, which is rare but potentially fatal.
- Abnormal or uncontrollable facial movements may be signs of **tardive dyskinesia (TD)**, which may be permanent.
- If you are **elderly**, an increased risk of stroke or ministroke has been reported in clinical trials for elderly patients with dementia.

• If you have **diabetes**, risk factors for, or symptoms of diabetes, increases in blood sugar levels have been reported with medicines like ABILIFY. In some cases these were serious and resulted in coma or death.

• If you have lightheadedness, seizures, trouble swallowing, or suicidal thoughts it's important to tell your healthcare professional about all the medicines you're taking, since there are some risks for drug interactions with ABILIFY. You should avoid alcohol while taking ABILIFY.

Do not drive or operate heavy machinery until you know how ABILIFY affects you.

What are the most common side effects of ABILIFY?

Common side effects include: constipation, an inner sense of restlessness or need to move (akathisia), headache, nausea, upset stomach, vomiting, agitation, anxiety, insomnia, sleepiness, lightheadedness, and tremor.

Ask your doctor about once-a-day



Bipolar Medicine... 5, 10, 15, 20, 30 mg Tablets

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If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pppan.org.





ABILIFY
(aripiprazole)

5, 10, 15, 20, 30 mg tablets

IMPORTANT INFORMATION ABOUT ABILIFY:

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and does not take the place of discussions with your doctor or healthcare professional about your treatment. Please read this important information before you start taking ABILIFY and discuss any questions about ABILIFY with your doctor or healthcare professional.

Name

ABILIFY® (a-BIL-i-fi) (aripiprazole) (air-i-PIP-ra-zole)

What is ABILIFY?

ABILIFY is a prescription medicine used to treat patients with an acute manic or mixed episode associated with Bipolar I Disorder and for maintaining efficacy in these patients who have been stabilized and then maintained for at least six weeks.

What is Bipolar I Disorder?

Bipolar I disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should not take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Please talk with your doctor or healthcare professional.

What important information should I know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with atypical antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your doctor or healthcare professional right away if you have any conditions or side effects, including the following:

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable facial movements may be signs of a serious condition known as TD, which may be permanent.

Elderly patients with dementia: An increased risk of stroke and ministroke has been reported in a clinical study of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Diabetes: Patients with diabetes and those having risk factors for diabetes (for example: obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking medicines like ABILIFY.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your doctor or healthcare professional.

Suicidal thoughts: If you have suicidal thoughts, you should tell your doctor or healthcare professional right away.

What should I tell my doctor or healthcare professional before I start taking ABILIFY (aripiprazole)?

Information about your overall health, and any medical problems you may have, such as:

- Whether you're taking any other prescription or nonprescription (over-the-counter) medicines
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the common side effects of ABILIFY?

Common side effects include: constipation, an inner sense of restlessness or need to move (akathisia), headache, nausea, upset stomach, vomiting, agitation, anxiety, trouble sleeping (insomnia), sleepiness, lightheadedness, and tremor.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of people who discontinued taking ABILIFY due to side effects was similar for patients treated with ABILIFY (11%) and for patients treated with sugar pill (9%).

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your doctor or healthcare professional to adjust the dosage of ABILIFY.

These medicines* include:

- ketocazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your doctor or healthcare professional about all the medicines you're taking, just to be sure.

General Information:

- ABILIFY is usually taken once a day, with or without food
- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets at room temperature and the Oral Solution in the refrigerator
- For patients who must limit their sugar intake, be aware that ABILIFY Oral Solution contains sugar
- If you have additional questions, talk to your doctor or healthcare professional

Find out more about ABILIFY:

Please visit our website at www.abilify.com/bipolardisorder

*NIZORAL is a registered trademark of Janssen Pharmaceutica. QUINIDEX is a registered trademark of Wyeth Pharmaceuticals. PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRITOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information 1156731B4.

Bristol-Myers Squibb

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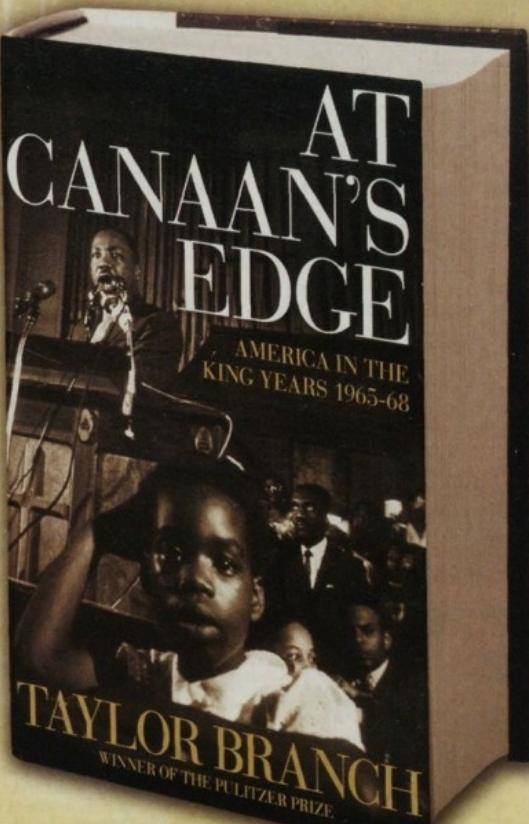
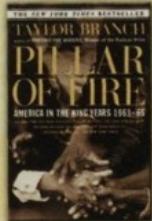
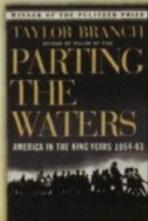
**"By the time you have
finished, you feel almost as
if you have relived the era,
not just read about it."**

—Richard Bernstein,
The New York Times on *Pillar of Fire*

**"The most complex and
unsentimental version of King
and his times yet produced."**

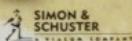
—Robert C. Maynard, *The Washington Post Book
World* on *Parting the Waters*

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Wake up to weight loss

Breakfast is still the most important meal of the day, but not just because it gives you the energy you need to get going in the morning. Eating breakfast is emerging as a significant weight management strategy. Research suggests that people who eat breakfast—particularly a cereal and milk breakfast—tend to be leaner than those who skip their morning meal. Cereal and milk eaters also tend to maintain a lower body weight.

A key factor may be the milk. Studies indicate that if you need to lose weight and rarely eat dairy foods, including 24 ounces of lowfat or fat free milk a day in a reduced-calorie diet could help you lose more weight and burn more fat than cutting calories alone. Milk also provides the necessary calcium and protein to help support your healthy weight loss plan. And, starting your day with a breakfast including milk is an easy way to "milk your diet," and get you a step closer to that daily goal of 24 ounces.

So go ahead and "milk it" in the morning. It will help you to have stronger bones, a brighter smile...and maybe even a slimmer waistline.

To learn more about the science and to find other ways to maintain a healthy weight, go to 2424milk.com

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hours
24 hours

sight of the fact that there is only one King of Kings, and that is Jesus Christ. I believe Joseph and Mary would be the first to cry, "Enough! Worship Jesus."

FRAN WHEELER
Knoxville, Tenn.

THE HUMAN PENCHANT FOR TELLING stories unfettered by facts is remarkable. It is sad that many people accept those accounts as truth. I wish the promise of the Enlightenment would be fulfilled—that supernaturalism would be replaced by scientific investigation and reason.

JOHN MOORMAN
Tifton, Ga.

Good Governance

I WAS SURPRISED AND DISHEARTENED TO read TIME's criticism of Ohio Governor Bob Taft ["The Worst Governors in America," Nov. 21]. While taking potshots at the Governor, you failed to mention his many accomplishments in education. Thanks to his planning, the state is spending \$2 million a day to ensure that all students have a safe and modern learning environment. He has championed the development of strict new academic standards and demanded accountability in the schools. Governor Taft is a friend and a national leader in education. I encourage TIME to take a broader look before printing such unfair attacks in the future.

JAMES B. HUNT JR.
FORMER GOVERNOR OF
NORTH CAROLINA
Raleigh, N.C.

AS CHAIRMAN OF THE OHIO MANUFACTURERS' Association, I can assure you that there is another side to the story of Ohio Governor Bob Taft. In 2005 he signed into law the most sweeping reform of Ohio's tax structure in 60 years. He eliminated the burdensome tax on business inventory and the state's corporate franchise tax. Whole sections of Ohio's tax code were written out of existence. How many Governors can claim that accomplishment? In addition, Governor Taft reduced the state's income-tax rate 21%. His tax-reform package is geared to encourage capital investment and create new jobs in Ohio. Does that sound like a Governor who is an "ineffective leader"? Hardly.

DAVID W. JOHNSON, CEO
SUMMITVILLE TILES INC.
Summitville, Ohio

HOW DARE YOU INCLUDE LOUISIANA GOVERNOR Kathleen Blanco in your Worst Governors list! She has moved forward despite political hurdles that other hurricane-prone states haven't had to face. She has confronted catastrophic conditions never before faced by any Governor. I am disgusted with TIME.

CAROLYN HITT
Baton Rouge, La.

TIME'S ASSESSMENT OF SOUTH CAROLINA Governor Mark Sanford skipped over the facts. You were critical of his frugality and his efforts to improve the economy without noting what he has actually done, which is to make the ground fer-

GENE'S BALLOT CHILDREN



As noted in our Milestone on former Minnesota Senator and perennial presidential candidate Eugene McCarthy (Dec. 19), his legion of young volunteers helped him come within

230 votes of defeating President Lyndon Johnson in the 1968 New Hampshire primary. In TIME's coverage of that surprising vote, we described McCarthy's collegiate team [March 22, 1968]:

"Not since the civil rights march on Mississippi in the summer of 1964 had so many young Americans committed themselves so fervently to a major national cause. Indeed, the volunteers who swarmed to Eugene McCarthy in New Hampshire were far more deeply involved in the political mainstream than the civil rights marchers, and his youthful workers—some 5,000 strong—won results far more tangible and immediate than their predecessors in the South. In an era when many younger Americans are turning away from involvement in the democratic process, by dropping out either to psychedelia or to the nihilism of the New Left, the cool, crisply executed crusade of Gene McCARTHY'S 'BALLOT CHILDREN' PROVIDED HEARTENING EVIDENCE THAT THE GENERATION GAP IS BRIDGEABLE—politically, at least ... McCarthy demanded hard work and personal self-sacrifice from his young workers ... To escape the hippie image, miniskirted girls went midi, and bearded boys either shaved or stayed in the back rooms, licking envelopes or compiling address lists to the accompaniment of muted Beatle music."

got milk?



Our point of view.

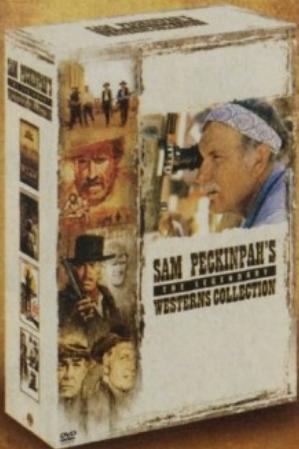
Start off your day with milk. Studies suggest that the calcium and nutrients in milk can play an important role in weight loss. So if you're trying to lose weight, try drinking 24 ounces of lowfat or fat free milk every 24 hours as part of your reduced-calorie diet. If only sharing a makeup mirror were that easy.



milk your diet. Lose weight!

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tile for South Carolina's businesses to grow and prosper. He cut the marginal income-tax rate for the first time in South Carolina's history, which will return more than \$130 million to our state's small businesses over the next four years. Sanford undertook our state's first comprehensive legal reform and retooled the commerce department. Although he inherited a government \$750 million in the hole, that debt is now nearly extinguished. Those kinds of actions are the building blocks of a better economy and actions that, as a taxpayer, I love.

MICHAEL FIELDS, FORMER SOUTH CAROLINA STATE DIRECTOR, NATIONAL FEDERATION OF INDEPENDENT BUSINESS COLUMBIA, S.C.

Checking Out Bush's Numbers

THE ESSAY BY PATRICIA MARX, "CHECK OUT My New Numbers," with totally made-up statistics about President Bush [Dec. 19], was a real dud. I have no problem with puzzling over the strange mind of W. or with TIME's taking up a full page to develop a keen, witty perspective on some topical issue, but Marx's piece was, at best, filler. It seemed like one of those papers I wrote on the school bus on the way to class despite having had two weeks to get it done.

TOM WRIGHT
Burke, Va.

Battle of the Binge

I LOVE THE ENGLISH. IT'S SAD THAT YOU did not probe more deeply into why the English binge drink more than the French and the Italians [Dec. 19]. It may be a combination of circumstances: the dimly damp weather of Britain, the lackluster cuisine and the Brits' Victorian heritage.

ANGELO FORLENZA
San Jose, Calif.

YOU NOTED THAT THE BRITISH GOVERNMENT has extended the hours that pubs and bars can stay open. Pubs are places in which people have lunch and get together for afternoon business meetings and evening socializing. It has been axiomatic for the pubs of London to shut early. The change in the drinking laws allowing longer hours is a necessary step toward shifting the burden of responsibility from the state to the community.

DANNY MERMEL
London

The Delights of Narnia

RICHARD CORLISS'S REVIEW OF *THE CHRONICLES OF NARNIA: THE LION, THE WITCH AND THE WARDROBE* [Dec. 19] stated that director Andrew Adamson should "stick to animation." Here is a test. Does *Narnia* make the spirit soar? Does *Narnia* cause the imagination to fly? Does *Narnia* make you think, make you wonder, make you aspire? If it does even half these things, not only will encouragement rule the land but also, on the commercial side, the season will ring with the sound of *ka-ching!*

STEVE HORTEGAS
Lynden, Wash.

HAVING READ AND REREAD *THE CHRONICLES OF NARNIA* to my children many times over the past 20 years, I was curious about how I would respond to a film version. I was delighted. The four child actors did a splendid job. Corliss should lighten up, take a break from postmodern deconstructionism and take a trip through the magic wardrobe! Despite what Corliss thinks, there is indeed fire, passion and a lot of fun in the film.

KEN FAST
Derwent, Alta.

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FIGHTING FAKE FLU PILLS

AVIAN FLU CLAIMED more lives last week. In eastern Turkey, initial tests showed at least two of the three deceased siblings from the Kocyigit family had succumbed to the virus' dreaded H5N1 strain, becoming its first human victims outside East Asia. As fears of a pandemic continue to grow, customs and

experience is any guide, the pills will contain no more than trace elements of Tamiflu's active ingredient. Less than a month ago, authorities in San Francisco announced the confiscation of 51 packages of phony Tamiflu ordered through the Internet and shipped from Asia. Tests on those pills found only harmless ingredients, but experts worry that in an outbreak, people might take such pills and



A health worker disinfects a chicken coop in eastern Turkey

health officials are struggling to halt a burgeoning trade in counterfeit forms of Tamiflu, the only drug approved to treat the disease. U.S. Customs and Border Protection (CBP) officials tell TIME that last week their officers seized 250 separate parcels of suspect Tamiflu at the airmail facility in New York City—the biggest interception to date—and one package in Chicago. The New York shipments came from the island of Mauritius and were probably destined for American consumers wanting to stock up in case of a pandemic.

Officials expect more—and bigger—seizures of fake Tamiflu. "We believe they will continue to go up dramatically," says CBP's William Heffelfinger. If past

consider themselves protected.

The World Health Organization, which has recorded 76 human deaths from H5N1 since 2003, discourages individuals from hoarding Tamiflu since there is a global shortage and those who can afford it are unlikely to be most vulnerable. Tamiflu's manufacturer, Roche, has promised to increase production tenfold from its 2004 level, to 300 million 10-pill courses by the end of 2007. A rush order of 100,000 courses was sent last week to Turkey, where 20 people with symptoms of bird flu remained hospitalized, including the last surviving sibling in the Kocyigit family. —By Amanda Bower. With reporting by Andrea Berlin



VERBATIM

“He was dividing God's land. And I would say, 'Woe unto any Prime Minister of Israel who takes a similar course to appease the E.U., the United Nations or the United States of America.' God says, 'This land belongs to me. You better leave it alone.’”

PAT ROBERTSON, televangelist, suggesting that Israeli Premier Ariel Sharon's massive stroke last week was divine punishment

“Today you will all have heard—and I hope that this is final—that the criminal of Sabra and Shatila has rejoined his ancestors. God willing, the others will join him soon.”

MAHMOUD AHMADINEJAD, President of Iran, making a premature announcement of the ailing Sharon's death

“It wasn't bad/ just went to sleep.”

MARTIN TOLER JR., one of 12 miners who died last week after an explosion at West Virginia's Sago coal mine, in a scrawled note—found with his body—assuring his family that his final hours were painless

“I believe they are capable of making a deal with the devil himself so that they can be represented widely in the coming government.”

SALEH AL-MUTLAQ, Sunni Arab politician, criticizing the Iraqi Accordance Front—the Sunni Arabs' majority party—for planning to join with Kurds and Shi'ites to form a coalition government

“Killing one educated person is as effective as killing dozens of ordinary people.”

MULLAH NAQIBULLAH, Afghan tribal elder, warning of the dangers of the Taliban—who last week beheaded a high school teacher—and its efforts to undermine trust in the government

“There is a sort of an unwritten code in Washington among the underworld and the hustlers and these other guys, that I am their friend ... I was a little hurt.”

MARION BARRY, Washington council member and former mayor, after two young men robbed him at gunpoint while helping him carry groceries into his home



Iraq: Counting the Costs

U.S. MILITARY OFFICERS often complain privately that the American people don't fully appreciate the costs—human or economic—of the Iraq war. A new paper by Harvard budget expert Linda Bilmes and Nobel-prizewinning Columbia economist Joseph Stiglitz may

help address that. It claims that the final cost to the U.S. could be \$2 trillion—10 times as high as the worst-case scenario of \$200 billion suggested by a White House official before the war.

The discrepancy is in part because of Bilmes and Stiglitz's holistic accounting methods.

A tank driver in Iraq holds up his logbook with photos of his fiancée

Their tally goes far beyond the traditional budget lines of the Pentagon, which says \$173 billion was spent through September 2005. For instance, the paper includes estimates for the lifetime cost of disability payments and health care for some 16,000 injured soldiers, increased recruitment budgets, and—since the government has not reined in spending or raised taxes—debt financing for war expenditures. The paper also counts macroeconomic effects like the rising price of oil.

Yet even as the war's economic toll worsens, there is some good news on the human front: the number of divorces in the Army declined in 2005, ending a four-year surge. According to Army data obtained by *Time* that have not yet been officially released, there were 8,367 divorces in 2005, down from

10,477 in 2004. That number is still higher than the total before the wars in Afghanistan and Iraq, but officials, who concede that year-long deployments can strain marriages, are working on the issue. The Army has raised funding to \$3.6 million a year for initiatives to help troops deal with the stresses, and its "family life" chaplains will expand two programs: "Pick a Partner"—troops call it "How Not to Marry a Jerk"—targets single soldiers, while another aims at couples with teens. Chaplain (Major) Robert Nay says his mission is clear: "If I help the soldiers with their personal lives, it will help them focus while they are out on their missions. As the saying goes, 'A soldier enlists, but the family re-enlists.' With war costs already so high and the Army stretched so thin, that's one front where it can't afford losses. —By Sally B. Donnelly



BLOG WATCH



Among politiblogs, Ana Marie Cox, above, has long—in cyberterms anyway—reigned as queen. Her bawdy take on Washington made **WONKETTE** a must read. But with her novel *Dog Days* out and a big country to shill to, it was time to abdicate. Her successors: Alex Pareene, a sometime guest editor at **GAWKER**, and former Assistant U.S. Attorney David Lat, who had secretly written the blawg. **UNDERNEATH THEIR ROBES** in the guise of a lusty, law-loving female. Lat quit his government job last month and trumpeted his new gig by blogging, "You can't keep a good [wo]man down!"

SPEED READ

OVARIAN CANCER

A New Old Therapy

Investigators have found that injecting standard chemotherapy into the abdominal cavity—instead of intravenously alone—increases survival with advanced ovarian cancer by, on average, a remarkable 16 months.

What did the experiment test, and how credible are the results? The study, published last week in the *New England Journal of Medicine*, was a rigorous trial of 429 women who had Stage 3 ovarian cancer and were randomly assigned to receive chemotherapy either intravenously or through both the bloodstream and the abdomen (via a catheter).

What was the treatment like? Patients first underwent surgery to clear the abdominal area—including around the liver, spleen and under the diaphragm—of as much cancer as possible, followed by 18 weeks of chemo.

Why does where you give the chemotherapy make such a difference? Ovarian cancer is unusual in that it often spreads throughout the abdomen but not into the lymph nodes, so it is possible to focus treatment on just one part of the body. **How toxic are the drugs?**

Patients in both groups lost their hair and were at risk of developing fatal infections as well as nerve and kidney damage. The intra-abdominal-therapy patients became sicker midway through treatment and felt worse for as long as a year afterward. But even those who could tolerate the



therapy for only a short time derived some benefit.

Is this the cure for ovarian cancer? No. As of November, more than 200 study participants had suffered a recurrence of their cancer and died. But the median survival rate was better than five years for the group that received intravenous and intra-abdominal chemotherapy, compared with a little more than four years for the intravenous-only group. That's a big gain when you realize success in cancer studies is usually measured in months, not years. —By Christine Gorman

THE CIA SAYS, "SHHH..."

Angered by recent leaks of information about sensitive intelligence operations, CIA Director Porter Goss is redoubling efforts to get his spooks to keep their mouths shut. At staff meetings last week, CIA managers at the agency's Langley, Va., headquarters told employees that the leaking had got out of control and needed to stop. "They're exercised about it and are trying to do what they can to clamp down," a former senior CIA official tells TIME.

The Bush Administration seems apoplectic over the revelations in November about the CIA's secret network of terrorist-interrogation prisons and the disclosure in the *New York Times* last month that the President authorized the National Security Agency (NSA) to eavesdrop on the phone calls of some Americans without a warrant. The latter report was also in *State of War*, a book by Times reporter James Risen, who drew scathing condemnation from CIA spokeswoman Jennifer Millerwise Dyck last week. She charged that Risen "demonstrates an unfath-



omable and sad disregard for U.S. national security and those who take life-threatening risks to ensure it."

Goss is concerned about the potential effects of books written by those with inside knowledge of agency operations. Citing the book *Jawbreaker*, by a former CIA field commander who hunted for Osama bin Laden in Afghanistan, and the movie *Syriana*, based on a retired CIA officer's book, an intelligence official says part of the worry is a possible "chilling effect" on both U.S. and foreign intelligence officials—as well as on secret assets. "You don't want people who sit down with an intel officer in confidence to be concerned it will end up in the guy's memoirs in a year or two," the official says. Goss has banned current CIA officers from publishing books and ordered stricter reviews of retirees' books.

Meanwhile, there are efforts within the government to identify leakers. The Justice Department is investigating who gave away the NSA secrets. While such probes rarely succeed, the department's new willingness to subpoena reporters and their records could change that. And the CIA has a group of mostly retired officers on contract to read news stories that contain classified material and try to uncover their sources. This may be the toughest spook work. Over the years, the unit, nicknamed "the leak chasers" by some agency hands, has been able to finger only a few talkers. But it has an enthusiastic—and active—backer in Goss. He told TIME in June that he had made dozens of leak-investigation referrals. "Virtually every day I can pick up a paper and find somebody who is an anonymous source," he said. "That is willful. And it seems to me there ought to be a penalty for that." —By Brian Bennett, Timothy J. Burger and Douglas Waller

REP WITH A WIRE

Whom did ex-Congressman Duke Cunningham talk with while wearing a wire? The speculation is making members of Congress nervous. As TIME.com reported last week, Cunningham—the California Republican who pleaded guilty on Nov. 28 to taking \$2.4 million in bribes from defense contractors—wore a wire to aid the Justice Department investigation just before his plea. The FBI is still probing defense contractors, and a private-sector source says Cunningham was wired while meeting a rep from at least one firm, possibly to get dirt on other members of Congress. An FBI spokesman wouldn't comment but quoted a higher-up: "Like I'd tell you." —By Timothy J. Burger and Brian Bennett

Olympic-Size Controversies

WHAT WOULD THE WINTER Olympics be without skating, sledding—and soap operas? The 2006 Games in Torino, Italy, are a month away, but the controversies are already flying like a Finnish ski jumper. Canada angered many fans last month by naming hockey pariah Todd Bertuzzi—who pleaded guilty to assault for a vicious on-ice attack on Colorado Avalanche player Steve Moore in March 2004—to its Olympic squad, snubbing the sport's golden boy, Sidney Crosby, 18. And injured figure-skating star Michelle Kwan, 25, last week said she would skip the U.S. championships, which double as the sport's Olympic trials, and petition for one of three spots on the Torino team. If her petition is granted, another deserving skater stays home.

Perhaps the biggest scandal has thrust the spotlight onto the obscure sport of skeleton,

which "sliders" on sleds speed headfirst down an icy track. Several female athletes have accused U.S. team coach Tim Nardiello of sexual harassment. In a note to the board of the sport's governing body, Felicia Canfield, who did not make the

Olympic team, said that Nardiello "tried to kiss me on the lips" and that she "along with a dozen other athletes have heard Tim say over the radio, 'The only time I want to see your legs spread like that is if I am between them.'" The board suspended Nardiello pending an investigation; the New York State supreme court this week is set to hear his petition for reinstatement. Nardiello's lawyer, James Brooks, told TIME his client made the "legs spread" comment just once, in 2002, to remind an athlete to position her body correctly on the sled.

Did Nardiello try to kiss Canfield, 40? "Never," Brooks says. "You ever seen her?" Here's a lawyer who believes offense is the best defense. —By Sean Gregory
With reporting by Tom Maloney



Nardiello, above, is accused; Kwan's status is uncertain





My name

Ken Watanabe

childhood ambition Trumpet player

fondest memory I have too many good memories to remember
soundtrack Warm & Cool jazz just one

retreat My home

wildest dream I would have had an answer to this question
10 years ago, but now is to find happiness in my everyday life
proudest moment When I gain trust from someone

biggest challenge Life

alarm clock My child's voice

perfect day searching for something I cannot reach

first job dog walker, and cleaning the stairs of my home

indulgence reading adventure novels

last purchase Ski wear and ski hat

favorite movie Too many to just choose one

inspiration I am inspired by so many things every day

My life is about taking my own path

My card is American Express



Ken Watanabe

My life. My card.SM

NUMBERS

7 Days lost by the average U.S. mineworker in 2005 to injuries caused by mining accidents

17 Days lost by the average worker at West Virginia's Sago coal mine, where an explosion last week left 12 miners dead

600,000 Acres burned by the grass fires that have raged across Texas, Oklahoma and New Mexico since Dec. 26. The fires have killed five people

55 Maximum years in prison faced by Justin Wilkerson, 18, if he is convicted of starting three fires in his Oklahoma hometown

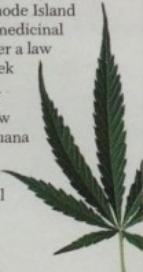


\$150,000 Price St. Louis' World Aquarium hopes to get for a two-headed albino rat snake named We, up for bids until Jan. 10 at ReptileAuction.com

\$15,000 Price the aquarium paid for the rare, long-lived We in 1999. Most two-headed snakes don't survive more than a few months

12 Number of marijuana plants that terminally ill residents of Rhode Island may grow for medicinal purposes, under a law passed last week

11 Number of states that allow medical marijuana to be grown, although federal law still bans its use



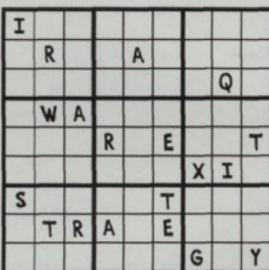
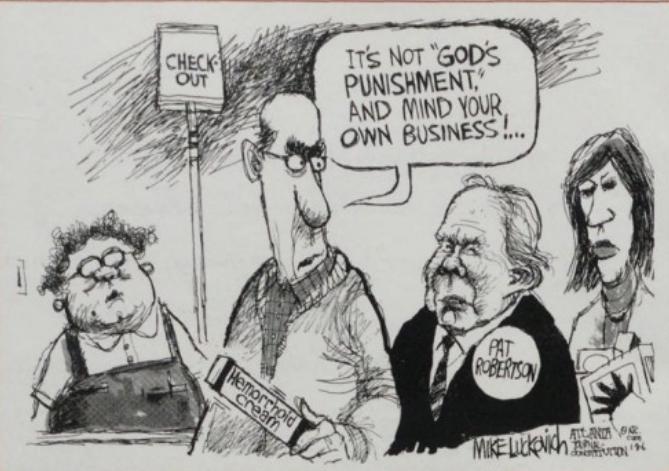
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New York Times (2);
AP (4)

MIKE LUCKWICH—ETSYARTS JOURNAL CONSULTATION

STEVEN LATT—OAKLAND TRIBUNE/ANG NEWSPAPERS

JEFF STAHLER—THE COLUMBIA DISPATCH/CHANTED MEDIA

PUNCHLINES



SUDOKU

Dad
AND MORE

“The guy who was the former chef at the White House has written a tell-all book. For example, he says Dick Cheney, Vice President, his favorite dish is something called chicken Gitmo—it’s chicken bound and gagged over rice.”

—DAVID LETTERMAN



“John Kerry is positioning himself for another run at the White House in 2008. Kerry said this campaign will be much better than the last one. He says this time he’s gonna take three positions on each issue.”

—JAY LENO

“Dirty Dancing star Patrick Swayze has announced that he’s working on a rap album. Industry experts say it’s important Swayze does the album now—while he’s hot.”

—CONAN O'BRIEN

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Lunesta
(eszopiclone)®
1, 2 AND 3 MG TABLETS

Discover Lunesta™ a sleep aid that can change your nights.

Even when your restless mind keeps you awake, Lunesta can give your body and mind the soothing sleep you need. Lunesta not only helps most people fall asleep fast, it helps you sleep all through the night. Peacefully, uninterrupted. Lunesta works quickly, so you should only take it right before bed. And prescription Lunesta is non-narcotic, and approved for long-term use. Of course, do not use sleep medicines for extended periods without first talking to your doctor.

Now's the time to catch the sleep you need. If you've been hesitant to take a prescription sleep aid, be sure to ask your doctor about Lunesta.

How are your sleeping habits? There are many changes you can make in your lifestyle to improve your sleep. To find out more go to www.lunesta.com

Important Safety Information: Be sure you have at least eight hours to devote to sleep before becoming active. Until you know how you'll react to Lunesta, you should not drive or operate machinery. Do not use alcohol while taking Lunesta. Most sleep medicines carry some risk of dependency. Side effects may include unpleasant taste, headache, drowsiness and dizziness.

See important patient information on the next page.

Leave the rest to Lunesta



Please read this summary of information about LUNESTA before you talk to your doctor or start using LUNESTA. It is not meant to take the place of your doctor's instructions. If you have any questions about LUNESTA tablets, be sure to ask your doctor or pharmacist.

LUNESTA is used to treat different types of sleep problems, such as difficulty in falling asleep, difficulty maintaining sleep during the night, and waking up too early in the morning. Most people with insomnia have more than one of these problems. You should take LUNESTA immediately before going to bed because of the risk of falling.

LUNESTA belongs to a group of medicines known as "hypnotics" or, simply, sleep medicines. There are many different sleep medicines available to help people sleep better. Insomnia is often transient and intermittent. It usually requires treatment for only a short time, usually 7 to 10 days up to 2 weeks. If your insomnia does not improve after 7 to 10 days of treatment, see your doctor, because it may be a sign of an underlying condition. Some people have chronic sleep problems that may require more prolonged use of sleep medicine. However, you should not use these medicines for long periods without talking with your doctor about the risks and benefits of prolonged use.

Side Effects

All medicines have side effects. The most common side effects of sleep medicines are:

- Drowsiness
- Dizziness
- Lightheadedness
- Difficulty with coordination

Sleep medicines can make you sleepy during the day. How drowsy you feel depends upon how your body reacts to the medicine, which sleep medicine you are taking, and how large a dose your doctor has prescribed. Daytime drowsiness is best avoided by taking the lowest dose possible that will still help you sleep at night. Your doctor will work with you to find the dose of LUNESTA that is best for you. Some people taking LUNESTA have reported next-day sleepiness.

To manage these side effects while you are taking this medicine:

- When you first start taking LUNESTA or any other sleep medicine, until you know whether the medicine will still have some effect on you the next day, use extreme care while doing anything that requires complete alertness, such as driving a car, operating machinery, or piloting an aircraft.
- Do not drink alcohol when you are taking LUNESTA or any sleep medicine. Alcohol can increase the side effects of LUNESTA or any other sleep medicine.
- Do not take any other medicines without asking your doctor first. This includes medicines you can buy without a prescription. Some medicines can cause drowsiness and are best avoided while taking LUNESTA.
- Always take the exact dose of LUNESTA prescribed by your doctor. Never change your dose without talking to your doctor first.

Special Concerns

There are some special problems that may occur while taking sleep medicines.

Memory Problems

Sleep medicines may cause a special type of memory loss or "amnesia." When this occurs, a person may not remember what has happened for several hours after taking the medicine. This is usually not a problem since most people fall asleep after taking the medicine. Memory loss can be a problem, however, when sleep medicines are taken while traveling, such as during an airplane flight and the person wakes up before the effect of the medicine is gone. This has been called "traveler's amnesia." Memory problems have been reported rarely by patients taking LUNESTA in clinical studies. In most cases, memory problems can be avoided if

you take LUNESTA only when you are able to get a full night of sleep before you need to be active again. Be sure to talk to your doctor if you think you are having memory problems.

Tolerance

When sleep medicines are used every night for more than a few weeks, they may lose their effectiveness in helping you sleep. This is known as "tolerance." Development of tolerance to LUNESTA was not observed in a clinical study of 6 months' duration. Insomnia is often transient and intermittent, and prolonged use of sleep medicines is generally not necessary. Some people, though, have chronic sleep problems that may require more prolonged use of sleep medicine. If your sleep problems continue, consult your doctor, who will determine whether other measures are needed to overcome your sleep problems.

Dependence

Sleep medicines can cause dependence in some people, especially when these medicines are used regularly for longer than a few weeks or at high doses. Dependence is the need to continue taking a medicine because stopping it is unpleasant.

When people develop dependence, stopping the medicine suddenly may cause unpleasant symptoms (see *Withdrawal* below). They may find they have to keep taking the medicine either at the prescribed dose or at increasing doses just to avoid withdrawal symptoms.

All people taking sleep medicines have some risk of becoming dependent on the medicine. However, people who have been dependent on alcohol or other drugs in the past may have a higher chance of becoming addicted to sleep medicines. This possibility must be considered before using these medicines for more than a few weeks. If you have been addicted to alcohol or drugs in the past, it is important to tell your doctor before starting LUNESTA or any sleep medicine.

Withdrawal

Withdrawal symptoms may occur when sleep medicines are stopped suddenly after being used daily for a long time. In some cases, these symptoms can occur even if the medicine has been used for only a week or two. In mild cases, withdrawal symptoms may include unpleasant feelings. In more severe cases, abdominal and muscle cramps, vomiting, sweating, shakiness, and, rarely, seizures may occur. These more severe withdrawal symptoms are very uncommon. Although withdrawal symptoms have not been observed in the relatively limited controlled trials experience with LUNESTA, there is, nevertheless, the risk of such events in association with the use of any sleep medicine.

Another problem that may occur when sleep medicines are stopped is known as "rebound insomnia." This means that a person may have more trouble sleeping the first few nights after the medicine is stopped than before starting the medicine. If you should experience rebound insomnia, do not get discouraged. This problem usually goes away on its own after 1 or 2 nights.

If you have been taking LUNESTA or any other sleep medicine for more than 1 or 2 weeks, do not stop taking it on your own. Always follow your doctor's directions.

Changes In Behavior And Thinking

Some people using sleep medicines have experienced unusual changes in their thinking and/or behavior. These effects are not common. However, they have included:

- More outgoing or aggressive behavior than normal
- Confusion
- Strange behavior
- Agitation
- Hallucinations
- Worsening of depression
- Suicidal thoughts

How often these effects occur depends on several factors, such as a person's general health, the use of other medicines, and which sleep medicine is being used. Clinical experience with LUNESTA suggests that it is rarely associated with these behavior changes.

It is also important to realize it is rarely clear whether these behavior changes are caused by the medicine, are caused by an illness, or have occurred on their own. In fact, sleep problems that do not improve may be due to illnesses that were present before the medicine was used. If you or your family notice

any changes in your behavior, or if you have any unusual or disturbing thoughts, call your doctor immediately.

Pregnancy And Breastfeeding

Sleep medicines may cause sedation or other potential effects in the unborn baby when used during the last weeks of pregnancy. Be sure to tell your doctor if you are pregnant, if you are planning to become pregnant, or if you become pregnant while taking LUNESTA.

In addition, a very small amount of LUNESTA may be present in breast milk after use of the medication. The effects of very small amounts of LUNESTA on an infant are not known; therefore, as with all other prescription sleep medicines, it is recommended that you not take LUNESTA if you are breastfeeding a baby.

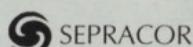
Safe Use Of Sleep Medicines

To ensure the safe and effective use of LUNESTA or any other sleep medicine, you should observe the following cautions:

1. LUNESTA is a prescription medicine and should be used ONLY as directed by your doctor. Follow your doctor's instructions about how to take, when to take, and how long to take LUNESTA.
2. Never use LUNESTA or any other sleep medicine for longer than directed by your doctor.
3. If you notice any unusual and/or disturbing thoughts or behavior during treatment with LUNESTA or any other sleep medicine, contact your doctor.
4. Tell your doctor about any medicines you may be taking, including medicines you may buy without a prescription and herbal preparations. You should also tell your doctor if you drink alcohol. DO NOT use alcohol while taking LUNESTA or any other sleep medicine.
5. Do not take LUNESTA unless you are able to get 8 or more hours of sleep before you must be active again.
6. Do not increase the prescribed dose of LUNESTA or any other sleep medicine unless instructed by your doctor.
7. When you first start taking LUNESTA or any other sleep medicine, until you know whether the medicine will still have some effect on you the next day, use extreme care while doing anything that requires complete alertness, such as driving a car, operating machinery, or piloting an aircraft.
8. Be aware that you may have more sleeping problems the first night or two after stopping any sleep medicine.
9. Be sure to tell your doctor if you are pregnant, if you are planning to become pregnant, if you become pregnant, or if you are breastfeeding a baby while taking LUNESTA.
10. As with all prescription medicines, never share LUNESTA or any other sleep medicine with anyone else. Always store LUNESTA or any other sleep medicine in the original container and out of reach of children.
11. Be sure to tell your doctor if you suffer from depression.
12. LUNESTA works very quickly. You should only take LUNESTA immediately before going to bed.
13. For LUNESTA to work best, you should not take it with or immediately after a high-fat, heavy meal.
14. Some people, such as older adults (i.e., ages 65 and over) and people with liver disease, should start with the lower dose (1 mg) of LUNESTA. Your doctor may choose to start therapy at 2 mg. In general, adults under age 65 should be treated with 2 or 3 mg.
15. Each tablet is a single dose; do not crush or break the tablet.

Note: This summary provides important information about LUNESTA. If you would like more information, ask your doctor or pharmacist to let you read the Prescribing Information and then discuss it with him or her.

Rx only





CONVICTION UPHELD. OF MARTHA STEWART, 64, homemaking CEO who had pursued the appeal of her

2004 conviction for lying about why she sold ImClone stock that fell in price soon after her trade; despite having completed her jail sentence for the crime; by a federal judge; in New York City.

ABANDONED. By TOM DELAY, 58, his bid to remain House majority leader; amid a series of congressional scandals and calls by fellow Republicans for him to step down (see page 30).

IDENTIFIED. The body of **BARRY COWSILL**, 51, bass player for the hugely popular 1960s family pop group the Cowsills, who inspired TV's *The Partridge Family*, who disappeared in the wake of Hurricane Katrina and was found on Dec. 28 on the Chartres Street wharf in New Orleans. With their good looks and bouncy harmonies, the Cowsills—including Barry's brothers Bill, Bob, John and Paul, sister Susan and mother Barbara—charted eight pop singles from 1967 to '69, with their biggest hits, *Hair* and *The Rain, the Park and Other Things*, both reaching No. 2.

▼ **DIED. SHEIK MAKTOUM BIN RASHID AL-MAKTOUNI**, 62, pragmatic, business-minded Prime Minister of the United Arab Emirates and emir of Dubai who oversaw his city-state's transformation from a minor trading post to a modern metrop-



By Melissa August, Harriet Barwick, Elizabeth L. Bland, Kathleen Kingsbury, Clayton Neuman, Julie Norwell and Logan Orlando

olis; of a suspected heart attack; in Australia. With brothers Mohammed—who succeeds him as emir—and Hamdan, the avid thoroughbred fan founded Godolphin, one of horse racing's most winning stables.

► **DIED. LOU RAWLS**, 72, Grammy-winning singer who performed doo-wop with high school pal Sam Cooke before recording a long list of soulful tunes for broader audiences in genres from jazz to gospel; of lung and brain cancer; in Los Angeles. Making more than 50 albums over 40 years, the man who Frank Sinatra said had the "silkiest chops in the singing game" topped the charts with R&B tunes (*Love Is a Hurtin' Thing*), pre-rap monologues (*Tobacco Road*) and, during the height of the 1970s disco craze, the rich, sophisticated "Philadelphia sound" typified on his signature megahit, *You'll Never Find (Another Love Like Mine)*.



▲ **DIED. YAO WENYUAN**, 74, the last surviving member of China's Gang of Four, the ring of radical Maoists—led by Mao Zedong's wife Jiang Qing—who directed the jailings, beatings and purges of legions of perceived enemies during the Cultural Revolution of the 1960s and '70s; of diabetes; in a location undisclosed by Chinese officials. Arrested a month after Mao's death, Yao

spent 20 years in jail before being released in 1996.

DIED. OFELIA FOX, 82, manager and "first lady" of Havana's famed

Tropicana nightclub during its 1950s heyday, when regulars included Marlon Brando and Joan Crawford; in Burbank, Calif. With its casino, showgirls and lavish stage shows, the club was a renowned hot spot before Castro took it over in 1959.

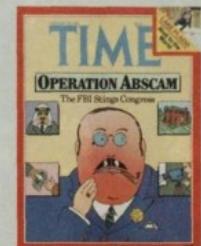
DIED. FRANK WILKINSON, 91, anti-poverty Los Angeles public-housing official turned civil rights activist, and one of the last two people in the U.S. to be jailed for refusing to answer the question, Are you a communist? in Los Angeles. In the early '50s, at a hearing for an innovative low-income, racially integrated housing project—one viewed with suspicion by the city's business leaders—an official asked for a list of his affiliations. After refusing to answer, and later doing the same before the House Un-American Activities Committee, he was fired, spent nine months in jail and later co-founded the pro-dissent First Amendment Foundation.

DIED. HEINRICH HARRER, 93, Austrian adventurer and ex-Nazi whose 1953 memoir, *Seven Years in Tibet*, was the basis for the 1997 film, in which he was played by Brad Pitt; in Vienna. A one-time SS member who later renounced Nazism, Harrer was a skilled alpinist. In 1938 he took part in the first ascent of the Eiger north face in Switzerland. The next year, he embarked on a Himalayan expedition that led to his stay in Tibet, during which he became a teacher, adviser and friend to the Dalai Lama.

A. LEHR

26 YEARS AGO IN TIME

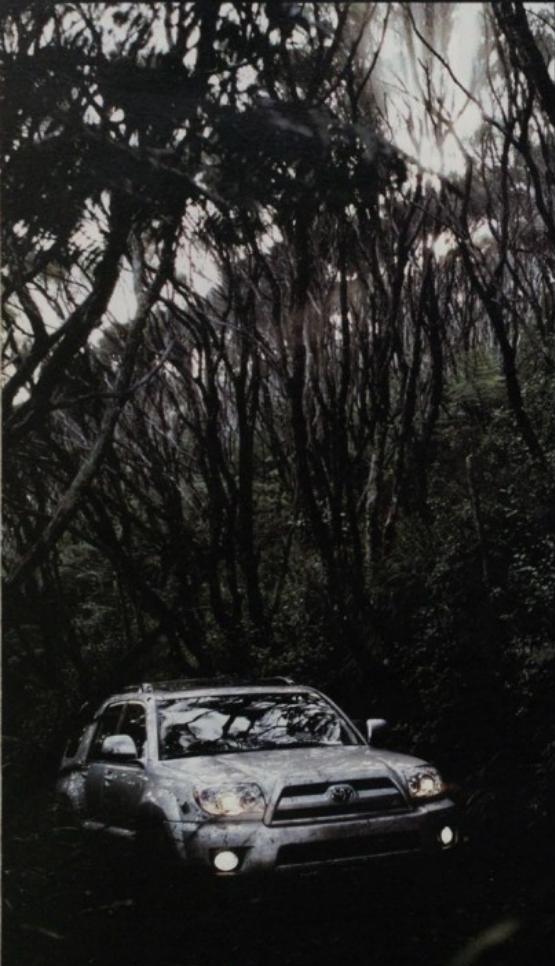
The Abramoff scandal is only the latest example of dubious money sources greasing politicians' palms. In 1980, the Abscam controversy spotlighted CONGRESSIONAL CORRUPTION.



"Everybody was laughing at what was happening. It was like guys coming out of the bush, saying, 'Hey, give me some of the money.' They'd pay one guy and the next day five guys would be calling them, guys they didn't know. The tapes are hilarious." So said a former federal prosecutor last week, but on Capitol Hill no one shared the amusement. Too many of "the guys" were members of Congress, and "the tapes" were both video and audio, catching the sight and sound of them accepting money to perform special favors ... [T]he FBI had lured the lawmakers into the focus of hidden television cameras in the most sensational undercover operation it had ever conducted. When the FBI sting ended, its supervisors alleged that the ... money had attracted one U.S. Senator, seven members of the House and two dozen state and local officials.

—TIME, Feb. 18, 1980

FALL OFF THE EDGE OF THE MAP.



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Joe Klein

How to Stay Out of Power

HOUSE MINORITY LEADER NANCY PELOSI, THE CALIFORNIA Democrat, engaged in a small but cheesy bit of deception last week. She released a letter, which quickly found its way to the front page of the *New York Times*, that she had written on Oct. 11, 2001, to then National Security Agency director General Michael V. Hayden. In it she expressed concern that Hayden, who had briefed the House Intelligence Committee about the steps he was taking to track down al-Qaeda terrorists after the 9/11

attacks, was not acting with "specific presidential authorization." Hayden wrote her back that he was acting under the powers granted to his agency in a 1981 Executive Order. In fact, a 2002 investigation by the Joint Intelligence Committees concluded that the NSA was not doing as much as it could have been doing under the law—and that the entire U.S. intelligence community operated in a hypercautious defensive crouch. "Hayden was taking reasonable steps," a former committee member told me. "Our biggest concern was what more he could be doing."

The Bush Administration had similar concerns. In the days after 9/11, it asked Hayden to push the edge of existing technology and come up with the best possible program to track the terrorists. The result was the now infamous NSA data-mining operation, which began months later, in early 2002. Vast amounts of phone and computer communications by al-Qaeda suspects overseas, including some messages to people in the U.S., could now be scooped up and quickly analyzed. The release of Pelosi's letter last week and the subsequent *Times* story ("Agency First Acted on Its Own to Broaden Spying, Files Show") left the misleading impression that a) Hayden had launched the controversial data-mining operation on his own, and b) Pelosi had protested it. But clearly the program didn't exist when Pelosi wrote the letter. When I asked the Congresswoman about this, she said, "Some in the government have accused me of confusing apples and oranges. My response is, it's all fruit."

A dodgy response at best, but one invest-

ed with a larger truth. For too many liberals, all secret intelligence activities are "fruit," and bitter fruit at that. The government is presumed guilty of illegal electronic eavesdropping until proven innocent. This sort of civil-liberties fetishism is a hangover from the Vietnam era, when the Nixon Administration wildly exceeded all bounds of legality—spying on antiwar protesters and civil rights leaders. Henry Kissinger even wiretapped his own aides. But the "all fruit" assumption doesn't take into account the strict constraints placed on the intelligence community after the Nixon debacle, or the lethally elusive nature of the current terrorist threat. The liberal reaction is also an understandable consequence of the Bush Administration's tendency to play fast and loose on issues of war and peace—rushing to war after overhyping the intelligence on Saddam Hussein's nuclear-weapons program, appearing to tolerate torture, keeping secret prisons in foreign countries and denying prisoners basic rights. At the very least, the Administration should have acted, with alacrity, to update the

federal intelligence laws to include the powerful new technologies developed by the NSA.

But these concerns pale before the importance of the program. It would have been a scandal if the NSA had not been using these tools to track down the bad guys. There is evidence that the information harvested helped foil several plots and disrupt al-Qaeda operations. There is also evidence, according to U.S. intelligence officials, that since the *New York Times* broke

the story, the terrorists have modified their behavior, hampering our efforts to keep track of them—but also, on the plus side, hampering their ability to communicate with one another.

Pelosi made clear to me that she considered Hayden, now Deputy Director of National Intelligence, an honorable man who would not overstep his bounds. "I trust him," she said. "I haven't accused him of anything. I was, and remain, concerned that he has the proper authority to do what he is doing." A legitimate concern, but the Democrats are on thin ice here. Some of the wilder donkeys talked about a possible Bush impeach-

ment after the NSA program was revealed. The latest version of the absolutely necessary Patriot Act, which updates the laws regulating the war on terrorism and contains civil-liberties improvements over the first edition, was nearly killed by a stampede of Senate Democrats. Most polls indicate that a strong majority of Americans favor the act, and I suspect that a strong majority would favor the NSA program as well, if its details were declassified and made known.

In fact, liberal Democrats are about as far from the American mainstream on these issues as Republicans were when they invaded the privacy of Terri Schiavo's family in the right-to-die case last year. But there is a difference. National security is a far more important issue, and until the Democrats make clear that they will err on the side of aggressiveness in the war against al-Qaeda, they will probably not regain the majority in Congress or the country.



Democrat Nancy Pelosi released both her letter and the response

AP/WIDEWORLD

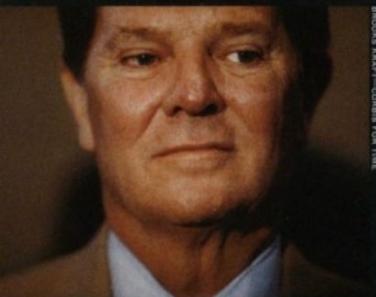
To see a collection of Klein's recent columns, visit time.com/klein

By KAREN TUMULTY WASHINGTON

THERE WERE TWO QUALITIES that Jack Abramoff looked for in a prospective lobbying client: naiveté and a willingness to part with a lot of money. In early 2001 he found both in an obscure Indian tribe called the Louisiana Coushattas. Thanks to the humming casino the tribe had erected on farmland between New Orleans and Houston, a band that had subsisted in part on pine-needle basket weaving was doling out stipends of \$40,000 a year to every one of its 800-plus men, women and children. But the Coushattas were also \$30 million in debt and worried that renewal of their gambling compact would be blocked by hostile local authorities—and that their casino business would be eaten away by others looking to get a piece of the action. So tribal leaders were eager to hear from the handsome, dandily dressed visitor who had flown in from Washington with his partner on a private jet, shared some of their fried chicken in the council hall, then waited for them to turn off the tape recorder that they used for official business.

THE MAN WHO BOUGHT WASHINGTON

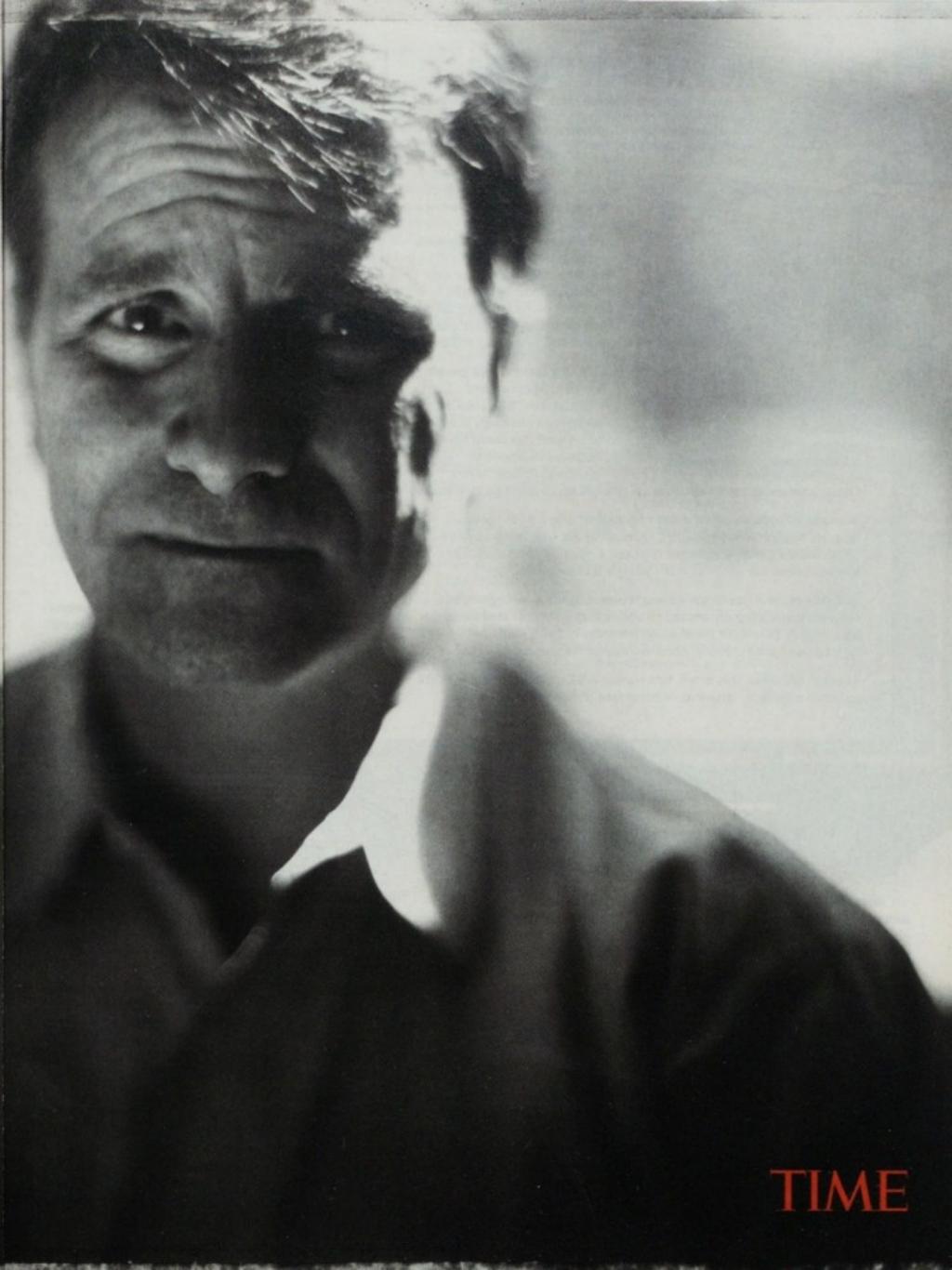
From deep inside the Republican élite, Jack Abramoff brought new excesses to the lobbying game. Who is he, and how did he get away with it for so long?



RONEN ZILberman—CORBIS OUTLINE

RIPPLE EFFECT Now that the Abramoff scandal has ended Tom DeLay's tenure as House majority leader, Washington is bracing for a brutal fight over who will succeed him

Photograph by David Burnett—Contact



TIME

HOW TO RAISE CASH...

Abramoff tended to pick clients far removed from the Beltway who were sometimes either too desperate or too unfamiliar with the lobbying trade to question his unorthodox tactics and exorbitant fees



A Choctaw casino in Mississippi

Christian groups to block the bill on the grounds that it didn't go far enough.

Mariana Islands Abramoff's first major client paid him \$9 million in fees. He helped block legislation, opposed by the U.S. protectorate's textile industry, that would have imposed a minimum-wage law. The Marianas were the venue of many junkets for lawmakers.

Russian oil and gas firms As first reported by the Washington Post, two executives allegedly wanted to ensure that a U.S. bill that would enable the IMF to bail out the Russian economy in 1998 would not impose high taxes on their industry. Abramoff helped them cultivate DeLay.

Foxcom Wireless This Israeli firm wanted a \$3 million contract in 2002 to install cell-phone antennas in the House of Representatives.

...DISGUISE ITS SOURCES



Abramoff moved money in numerous ways—not just to cheat his clients but also to pay for brazen junkets and cloak the ethically (and legally) dubious machinery of his enterprise

Americans for Tax Reform Founder Grover Norquist was a conduit of funds, and though he took commissions, he isn't accused of breaking the law. He sent \$1.15 million from just one tribe to antigambling groups and funneled \$150,000 sent by eLottery to the consultancy of Ralph Reed, former chief of the Christian Coalition.

Capitol Campaign Strategies

Scanlon's p.r. firm is where Abramoff routed much Indian-casino business without telling his clients that he was also sharing in its profits. Those kickbacks, from absurdly inflated fees, were the source of most of the \$20 million Abramoff made by cheating the tribes.

Century Strategies

Reed's political consultancy mobilized Christian antigambling groups for Abramoff, without revealing that its funds came from gambling interests. Reed, now running for Lieutenant Governor of Georgia, says he did not know about the origins of the money.

National Center for Public Policy Research

Abramoff sat on the board of this think tank when, in 2000, he took DeLay and his aide Tony Rudy on a golfing junket to Scotland. Two checks of \$25,000 to this entity from eLottery and an Indian tribe allegedly helped cover the \$70,000 bill.

Abramoff told the tribal council he brought a special understanding to their plight. As an Orthodox Jew, "he understood how native Americans have been mistreated, been misled, because his people, the Jews, had also been done that way," William Worfel, then a member of the council, recalls him saying. If the Coushattas gave him enough money, Abramoff promised, he could make their problems go away. He and his partner Michael Scanlon, a one-time press secretary for congressional leader Tom DeLay who ran his own public relations firm, came through, attacking the tribe's political opponents, blitzing the state with television ads and tapping a grassroots operation of Christian conservatives to help stop any

rival casinos. And by the next year, with elections rolling around, Abramoff had the Coushattas dreaming even bigger. "You can control Louisiana," Worfel recalls Abramoff telling the tribal leaders. "You could help elect Senators and Representatives and attorney generals in the state of Louisiana, and then they're going to remember that the Coushattas helped them. And they know that if you helped them, well, they know that you can come after them down the road if they don't help you, see?" The Coushattas went for it. On election night, they watched their chosen candidates with excitement and discovered that the \$9.3 million they had given Scanlon had produced ... nothing.

That's probably because much of the \$32 million that the Coushattas paid Abramoff and Scanlon over two years went not toward increasing the tribe's influence but toward lining the two partners' pockets. Nearly \$11.5 million in secret kickbacks was funneled by Scanlon back to Abramoff, according to court papers filed last week, as the man who was once one of Washington's highest-paid lobbyists pleaded guilty to fraud, tax evasion and a conspiracy to bribe public officials. Abramoff's plea agreement admits to expansive schemes to defraud not just the Coushattas but also three other tribes and the lobbying firm Abramoff worked for, and it acknowledges buying off

U.S. Family Network Organized by Edwin Buckham, it was ostensibly a nationwide grassroots organization dedicated to "moral fitness" and social improvement. The group was supported almost entirely by Abramoff's clients, according to a Washington Post report: the \$2.5 million it raised in the late 1990s mostly came from the Russian firms (\$1 million), an Indian-casino tribe (\$250,000) and the Mariana Islands textile industry (\$500,000). Buckham allegedly made large sums consulting with the nonprofit he had organized, and his firm hired DeLay's wife, paying her \$3,200 a month. Each client benefited from DeLay's subsequent votes and support.

Capital Athletic Foundation Created to help inner-city kids, it was used by Abramoff as a kitty and a money laundry. Foxcom donated \$50,000 to this entity on his instructions, and Abramoff hid money he and Scanlon had bilked from Indian tribes here. He channeled its funds to a sniper school for Israelis and an orthodox Jewish school he founded that his children attended.

public officials, in part by laundering his clients' funds through legitimate-sounding think tanks and public-policy groups, some of which Abramoff and Scanlon themselves set up. The stocky figure in the black fedora who left the federal courthouse after telling Judge Ellen Huvelle of his "tremendous sadness and regret for my conduct" was barely recognizable as the flamboyant power broker who used to send lawmakers and their staffs on junkets around the world and entertain them back in Washington with golf outings, free meals at his expensive restaurant, and concerts and games enjoyed from the luxury skyboxes he maintained at nearly every arena and stadium in town.



... AND BUY INFLUENCE

Abramoff put the millions he conned or extracted from his various clients to work, buying the favors of lawmakers and power brokers. The steady flow of funds from clients' coffers also helped key partners as well as his own business

Funding politicians' PACs and campaign kitties

If Abramoff contributed generously to members of Congress, his clients matched his largesse. The Indian clients donated millions until early 2004 and eLottery gave lots too as it battled the Net-gambling law.

Financing junkets for officials and lawmakers

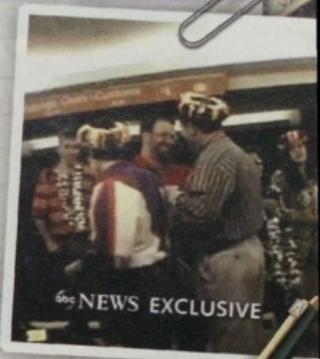
He harnessed funds from nonprofits, which often received curiously timed donations from his clients, to underwrite jaunts to the Mariana Islands and Scotland. He also gave officials meals at his restaurant Signatures and seats in his luxury boxes at sporting events.

Currying favor with power brokers Abramoff told his Indian clients to donate to Americans for Tax Reform and another advocacy group that Grover Norquist had founded with Secretary of the Interior Gale Norton. Norquist helped tribal officials get meetings with the President. He insists that had nothing to do with the donations.

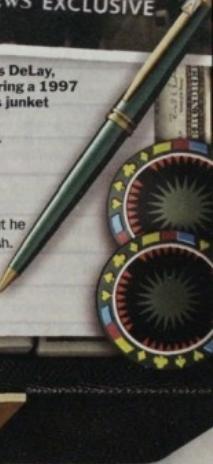
Getting clients to give in other ways Funds from the U.S. Family Network—largely provided by Abramoff's clients, according to the Washington Post—financed the purchase of a town house near DeLay's congressional office. The lawmaker's PAC paid a modest rent to operate from there, as did Buckham's lobbying firm, Alexander Strategy Group. DeLay maintains he did nothing illegal in any of his dealings with Abramoff.

And enriching himself in the process Abramoff charged \$750 an hour, but he was, above all, a master at self-dealing, lining his pockets with his clients' cash.

—By Unmesh Kher



Abramoff greets DeLay, right, in hat, during a 1997 Mariana Islands junket



The Abramoff scandal has already taken down the political player who invented the system that has helped keep Republicans in power for more than a decade. The once feared DeLay—whose office had been Abramoff's biggest claim to access and influence on Capitol Hill—announced he would resign as House majority leader. "I have always acted in an ethical manner within the rules of our body and the laws of our land," DeLay wrote in a letter to his G.O.P. colleagues, but added, "I cannot allow our adversaries to divide and distract our attention." Because of his tightfisted regime that rewarded loyalists and punished detractors, his departure is sure to set off not just a fight for his old job but also some ugly score settling. No wonder House Speaker

Dennis Hastert canceled a trip to Asia he had planned for this week so that he could return to Washington, begin sifting through the fallout and start planning for leadership elections the week of Jan. 31.

The Coushattas' tale is only a small piece of an investigation that, with the 46-year-old Abramoff's agreement last week to cooperate with federal prosecutors, could become one of the biggest corruption probes in U.S. history, possibly putting dozens of lawmakers in legal or political jeopardy. It has already netted Scanlon, 35, who pleaded guilty to similar charges in November and is also cooperating. In an internal e-mail obtained by TIME, the director of the FBI's Washington field office, Michael Mason, congratulated some 15 agents and

JACK'S PLAYERS

Only some of Abramoff's business partners may be in legal jeopardy, but all of them will have to explain their ties to the fallen power broker

JOHN BUCKHAM



▲ EDWIN A. BUCKHAM

This former DeLay chief of staff was also his pastor and, as TIME first reported, the two often prayed together at work. Buckham also helped introduce Abramoff to DeLay

▼ TONY RUDY

As first reported by TIME, DeLay's former deputy chief of staff used to e-mail Abramoff from G.O.P. strategy sessions. Rudy later joined him as a lobbyist and went with DeLay and Abramoff on a 2000 golf junket

ROBERT WESTBROOK—LEGAL TIMES



ABRAMOFF AND SCANLON

The lobbyist and his p.r. partner, Michael Scanlon, right, called their scheme of bilking clients "Gimme Five." They are shown here with Abramoff colleague Todd Boulanger, center

GUYANA RADHAKRISHNAN



▲ DAVID SAFAVIAN

Bush's former procurement-policy head was indicted for allegedly hiding dealings with Abramoff while the lobbyist strove to gain control of government-managed land

MICHAEL MASTA—THE WASHINGTON POST

15 support staff members under him on the case for "a huge accomplishment" in squeezing Abramoff to make a deal after 18 months of investigation and negotiation, one that made "a huge contribution to ensuring the very integrity of our government." But he added that "the case is far from over."

Another official involved with the probe told TIME that investigators are viewing Abramoff as "the middle guy"—suggesting there are bigger targets in their sights. The FBI has 13 field offices across the country working on the case, with two dozen agents assigned to it full time and roughly the same number working part time. "We are going to chase down every lead," Chris Swecker, head of the FBI's criminal division, told TIME.

Just following the money that Abramoff spread across Washington should give them plenty to do. So toxic are any campaign donations tied to him that panicked lawmakers from Hastert (\$69,000) to Republican Senator Conrad Burns (\$150,000) to Democratic Senator Max Baucus (\$18,892) can't give it away to charities fast enough. Even President Bush is giving the American Heart Association the \$6,000 that he received from Abramoff, his wife and one of the Indian tribes he represented. (*See accompanying story.*)

Given the potential damage, it was no

surprise that Republicans sought to make Abramoff a bipartisan stain, circulating a seven-page research paper titled "Jack Abramoff's Democrat Connections," which lists contributions and news stories associating the disgraced lobbyist with nine Democratic Senators and six Democratic House members. But the fact is that about two-thirds of Abramoff-related money went to Republicans, and that may have already begun to shift the political equation 10 months before the congressional election. In an Associated Press-Ipsos poll released Friday, respondents said they favored a generic Democrat for Congress over a Republican by a lopsided 49% to 36%.

All of which explains why it is likely to be a while before House Republicans regain the discipline they had in the days when DeLay was known as "the Hammer." His temporary replacement, whip Roy Blunt, wants the job but hasn't proved to be a stellar vote counter in the time he has been filling in. And his undisguised ambition has strained relations with what is left of DeLay's operation. Some of the Old Guard are rallying behind Ohio Congressman John Boehner as a replacement, while younger conservatives are talking up Indiana's Mike Pence. Also considered likely to run are Arizona's John Shadegg and Jerry Lewis of

California, who has a formidable power base by virtue of his perch as chairman of the Appropriations Committee. As rank-and-file Republicans fight about who will lead them, it will be with an eye over their shoulder to see where the Abramoff investigation is going. Whereas they once had an almost blind faith in the judgment and invincibility of their leaders, "for the first time," says a Republican lawmaker, "members are looking at the whole thing and saying, 'I've gotta start protecting me.'"

■ ABRAMOFF'S TANGLED WEBS

BRIBERY HAS ALWAYS BEEN A DIFFICULT thing to prove, absent a videotape of a crook stuffing the pockets of a politician with cash. But so large are the amounts involved—and so voluminous the evidence from a man

**RALPH REED**

The former head of the Christian Coalition was Abramoff's key link to antigambling activists and, as first reported by TIME, to officials at the White House



JESSIE CHINHAR

GROVER NORQUIST

Abramoff and the antitax advocate were pals from college days. He helped steer some tribe money to antigambling groups



LYNN SLADKY/AP

ADAM KIDAN

He joined Abramoff in an effort to buy Florida gambling ships and has pleaded to fraud in connection with the deal. One of Kidan's associates was later indicted in the murder of the man who sold the boats



who committed nearly every thought to e-mail—that prosecutors in the Abramoff case may even test the proposition that legally reported campaign contributions constitute bribery, if it can be proved they were given expressly in return for official actions. A high-level source tells TIME that prosecutors will also focus much of their energies on the lesser and easier-to-prove charge of "honest services mail fraud," for which they have to show only that a lawmaker has acted in his personal interest or that of another individual but not of his constituents in return for improper gain. That lowering of the bar for criminal-corruption cases is sending shudders from the Capitol to the lobbying

corridor of K Street. And none of that even begins to address the question of whether those who dined, traveled and socialized with Abramoff might have violated Congress's own loophole-ridden rules that prohibit, for instance, lobbyists from paying for travel or taking gifts worth more than \$50. All of which explains why lobbying and ethics reform suddenly seem so popular on Capitol Hill, with lawmakers vying to outdo one another, as they always do in moments like these, with proposals they insist would clean up the system once and for all. Former Speaker of the House Newt Gingrich has even suggested that Congress ban fund raising in Washington and force disclosure

sure of all contact with lobbyists.

Only one lawmaker—House Administration Committee chairman Bob Ney of Ohio, identified as "Representative #1"—is mentioned in the Abramoff indictments as having provided "official acts and influence" in exchange for gifts, travel, meals and campaign contributions. Ney has not been formally charged and denies he did anything wrong. But the investigation is also encircling the political operation of DeLay. And the probe may yet reach deeper into the Executive Branch. It has already yielded the indictment of former Bush Administration official David Safavian on five counts of lying about his dealings with Abramoff while he was a senior official at the General Services Administration, the procurement agency for the Federal Government. Sources at the Interior Department tell TIME that its inspector general, Earl E. Devaney, has been conducting a wide-ranging investigation into Abramoff's dealings with the Cabinet agency—which oversees many of the Indian-related issues Abramoff built most of his career around. In particular, the agency is looking into ties between Abramoff and former Deputy Interior Secretary J. Steven Griles, who has been accused of intervening in agency deliberations on behalf of the Coushattas. Griles has denied it, and his attorney says Abramoff was wildly exaggerating their relationship when he referred to Griles in an e-mail to lobbying colleagues as his man at Interior.

The fact that the scandal is breaking at the beginning of midterm-election season promises that it will be amplified in political ads and coverage around the country. Even though he gave away the contributions he took from Abramoff and his clients, Montana Senator Burns, who heads the subcommittee that controls Interior's budget and is up for re-election, will continue to face questions about every move he made that helped the lobbyist. "I hope he goes to jail and we never see him again," Burns said in yet another interview on the subject with a Montana television station. "I wish he'd never been born, to be right honest with you."

THE MAKING OF A FIXER

JACK ABRAMOFF'S FIRST VENTURE INTO politics was probably a clue that the future superlobbyist had a rather flexible view of

BUSH AND DELAY

NEVER A TEXAS TWO-STEP

By MIKE ALLEN and
MATTHEW COOPER

When legal and ethical questions began spinning around House majority leader Tom DeLay last year, President George W. Bush was publicly supportive. Privately, though, he questioned his fellow Texan's mojo. Bush had scored 10 points higher than DeLay in the Representative's district in 2004, and that was only after Bush had recorded a telephone message to help rally local Republicans. "I can't believe I had to do robocalls for him," the President said biting to an Oval Office visitor.

To people who know Bush well, the remark said it all about the longtime chill between the two pols—a distance that is only sure to grow with former lobbyist Jack Abramoff's guilty plea. Both camps describe the two conservative Texans' relationship as professional—an alliance, not a friendship. "DeLay admires Bush's leadership but still thinks of himself as the strongest conservative on the block," a DeLay friend says. "They perceive DeLay as a bull in a

china shop. They appreciate him as their protector and retriever." Like many of his colleagues on Capitol Hill, DeLay suffers under what officials call this Administration's general lack of respect for Congress. But he is also in the unique position of being the most prominent modern Republican politician in Texas to rise without the help of White House senior adviser Karl Rove, and the two have never been close. "Karl thinks of him as someone a little bit too opinionated for his own good," says an official close to both men. "And DeLay thinks of Karl as a former mail vendor, not some great guru."

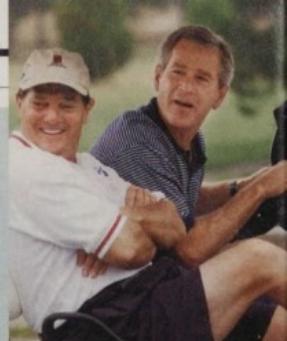
Even before DeLay's announcement that he would abdicate his leadership post, top Bush advisers tell TIME, the President's inner circle always treated DeLay as a necessary bane. He may have had an unmatched grip on the House and Washington lobbyists, but DeLay is not the kind of guy—in background and temperament—the President feels comfortable with. Of the former exterminator, a Republican close to the President's inner circle says, "They have always seen him as

beneath them, more blue collar. He's seen as a useful servant, not someone you would want to vacation with."

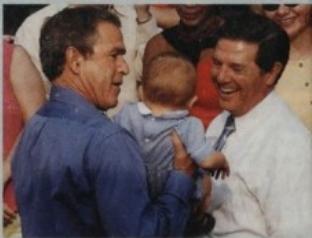
During Bush's first run for the presidency, that uneasy relationship was already on display. Eager to establish himself as a compassionate conservative, Bush took an oblique shot at DeLay while campaigning in California in 1999, saying of House Republicans, "I don't think they ought to balance their budget on the backs of the poor." DeLay never got a major speaking role at either of Bush's conventions.

Still, the White House has had no qualms about using him to advance its agenda, and he has delivered. Without DeLay's deftness as the Hammer, Bush could have lost battles over the energy bill, the establishment of a new Medicare prescription-drug benefit and the Central American Free Trade Agreement.

But with the possibility that DeLay could be indicted



TWO COURSES DeLay didn't come up through Rove's Texas machine. DeLay and Bush golfed in 2002; Bush held DeLay's grandson in 2003



in the Abramoff case, the Administration fears that the scandal could tarnish all Republicans and even hand the House to the Democrats. "They're worried about the Congress," an adviser said after talking to White House aides, "and they're worried about themselves." Although DeLay's forfeiture of his leadership post makes things easier for the

the rules: he was disqualified in his 1972 race for president of his Beverly Hills elementary school, after a teacher discovered he had violated the school's campaign spending limits by serving hot dogs at an election party. But Abramoff persisted, running again for student-body president in high school and failing. He later recalled those days in an interview with the *Beverly Hills Weekly* as "probably the last time I've really been involved in totally fair campaigns."

Where the short, thickset Abramoff did make his mark was on the football field and in the weight room. As a Beverly Hills High School senior, the Los Angeles Times reported last week, Abramoff became the first member of the school's 2700 Club, for lifting a combined total of 2,700 lbs. in

the power squat, dead lift, bench press and clean and jerk. He was one of the North Side kids, from the more privileged side of the Santa Monica Boulevard line that separated the superrich from the merely wealthy. Abramoff's father Frank had transplanted the family from Atlantic City, N.J., when he became a top executive at the then exclusive Diners Club credit-card company and a protégé of one of Ronald Reagan's closest friends, Diners Club chairman Alfred Bloomingdale.

While his parents were not particularly observant Jews, Abramoff's life took a curious turn when he was 12 and saw *Fiddler on the Roof*. He began to study Judaism, taught himself Hebrew and walked to temple on Saturday. It was something his

parents never fully understood; while they have stayed close and visited him often as an adult, a former associate of Abramoff's tells TIME, they have always stayed at a hotel during visits, rather than following the strictures of the Orthodox household that Abramoff, his wife Pam and their five children keep in Silver Spring, Md.

Abramoff's politics were also conservative. As a student at Brandeis University in Massachusetts, he and Grover Norquist, a Harvard Business School student who later became one of the most powerful G.O.P. antitax activists of the Bush era, undertook the challenge of trying to mobilize the state's famously liberal college students behind Reagan in 1980. Norquist recalls they scored a big political coup in winning over



ARM'S LENGTH
Bush and DeLay, at the
2005 Inaugural, have
been allies, not friends

White House, the Abramoff saga will continue to be a problem. Bracing for the worst, Administration officials obtained from the Secret Service a list of all the times Abramoff entered the White House complex, and they scrambled to determine the reason for each visit. Bush aides are also trying to identify all the photos that may exist of the two men together. Abramoff

attended Hanukkah and holiday events at the White House, according to an aide who has seen the list. Press secretary Scott McClellan said Abramoff might have attended large gatherings with Bush but added, "The President does not know him, nor does the President recall ever meeting him."

Republican officials say they are so worried about the

Abramoff problem that they are now inclined to stoke a fight with Democrats over the confirmation of Samuel Alito to the Supreme Court in an effort to turn the page from the lobbying investigation. Outside groups plan to spend heavily, and the White House will engage in some tit for tat with Democrats as the hearings heat up.

In the end, Bush may be saved by the textured relationship he has long had with well-heeled donors, who raised \$300 million for his 2004 campaign, the most expensive one in the nation's history. When the President is traveling, he does not like to have contributors or local officials in his cars, planes or holding rooms unless they are there for a good reason, and he sometimes questions his underlings sharply if someone he considers extraneous is admitted. To make sure that doesn't happen, chief of staff Andrew Card has set up an elaborate vetting system that keeps people from sidling up to the President to suggest or hand anything to him. "They learned a lot from the previous Administration," says a Bush friend intimately familiar with the staff protocols.

Abramoff was one of the Bush-Cheney re-election campaign's "pioneers"—meaning he raised at least \$100,000, most of it from others, in increments of

\$2,000. After Abramoff pleaded guilty, Bush aides announced they had donated to the American Heart Association \$6,000 that had been given to the campaign by Abramoff, his wife and one of his Indian-tribe clients. But Republican officials said they plan to keep the remaining \$94,000. A Bush aide said it cannot be assumed that the other donors, who were simply recruited by Abramoff, have done anything wrong: "That's not a fair standard."

Fair or not, the Bush Administration must now spend time and capital trying to minimize collateral damage from people they have tried to keep at a safe distance. Fortunately for the White House, the President a year ago began sending mixed signals about DeLay. When conservative leaders held a \$250-a-plate tribute dinner in April to show solidarity with him, no one from the White House spoke. But a few weeks earlier, when Bush spoke in Galveston, Texas, he went out of his way to praise DeLay—then unindicted in Texas but under fire—and even gave him a ride to Washington on his helicopter, Marine One, and his jet, Air Force One. In his remarks, Bush saluted DeLay's effectiveness, which no one could dispute, but didn't bother to mention his character. That was exactly the point. —With reporting by Michael Duffy/Washington

the Bostoner Rebbe, one of the nation's most influential Hasidic leaders, whose endorsement they figured was good for about 3,000 votes. That was just about the size of Reagan's upset victory in the state.

Their friendship and political partnership continued after the election, with Abramoff becoming national chairman of the College Republicans (a post once held by Karl Rove), Norquist serving as executive director and the two of them mentoring a baby-faced summer intern from Georgia named Ralph Reed, who would later turn the Christian Coalition into a political powerhouse. Abramoff and Norquist dreamed up plenty of headline-getting stunts—like an adopt-a-contra appeal, with posters imploring, ONLY 53 CENTS A DAY

WILL SUPPORT A NICARAGUAN FREEDOM FIGHTER. But they also annoyed the Reagan team, to the point that they were barred from a White House reception for the medical students rescued during the 1983 invasion of Grenada, according to *Gang of Five*, author Nina Easton's chronicle of the conservative movement of that time. Soon after, Norquist and Abramoff also worked for and were later fired by drugstore baron Lewis Lehrman's conservative group Citizens for America, over what a source close to Lehrman told the *Washington Post* was "lavish spending."

As the Reagan years wound down, Abramoff drifted back toward Los Angeles, where he became a B-movie producer, remembered mostly for the 1989 anti-

communist adventure *Red Scorpion*, starring Dolph Lundgren. Shortly before the film came out, Abramoff invited talk-show host and critic Michael Medved to lunch. "I thought he was interesting—a Reaganiite, a fellow observant Jew—and I took a look at his movie," Medved recalls. "The film was awful, and I told him the best help I could give him was never to review it. He laughed and said, 'Yeah, it's pretty bad.' I said, 'No, Jack, it's worse than that: it's unreleasable.'"

Abramoff was undaunted. Despite losing major studio distribution and even enduring boycotts for having filmed in Namibia, which was administered during the Apartheid-era by South Africa—which government is reported to have provided extras and military hardware—he produced

not only that movie, but also its even lousier sequel, *Red Scorpion 2*. Still, politics, not movies, remained Abramoff's real passion, and as it happened, in 1994 a new kind of opportunity had arisen in Washington for a brash and entrepreneurial conservative who had the right connections.

■ MOVING WITHIN THE INNER CIRCLE

THERE ARE DIFFERENT STORIES GOING around about how Abramoff first met Tom DeLay, the man who once referred to the

lobbyist as "one of my closest and dearest friends." Some versions have it that they were introduced shortly before the Republicans regained the House in 1994 by their mutual friend Daniel Lapin, a Seattle-area rabbi who has long been active in conservative causes. But a former DeLay aide tells TIME that it happened during a fund raiser shortly after the election in which Republicans gained full control of Congress for the first time in more than 40 years. In this account, DeLay's then chief

of staff Ed Buckham pulled an unfamiliar figure toward DeLay and told the new majority whip that he was an important lobbyist and fund raiser and that they would soon be working together a lot.

Buckham was almost as important a person to know as DeLay. He was not only DeLay's top staff member but also a licensed nondenominational minister who served as his pastor. He remained DeLay's closest political adviser even after Buckham left DeLay's staff to start his own lobbying shop in 1998, and DeLay rose to majority leader. Buckham was also the overseer of the political operation known around Washington as DeLay Inc., a tight meshing of business and conservative interests that was granted a seat at the table in exchange for putting money and political muscle behind DeLay's favored causes and candidates.

No one was more amenable to the arrangement than Abramoff, who also showered DeLay's staff with sports and concert tickets. After Buckham left, Abramoff developed a close relationship with deputy chief of staff Tony Rudy. "For all intents and purposes, Tony worked for Jack," contends a former Abramoff associate, who tells TIME that Abramoff even bought Rudy a text-messaging pager so that they would never be out of touch. Prosecutors allege that Abramoff also funneled payments to Rudy's wife—10 monthly payments totaling \$50,000—through a nonprofit. When Rudy left DeLay's staff in 2000, he joined Abramoff at the lobbying firm of Greenberg Traurig. Rudy now works for Buckham at Alexander Strategy Group, another lobbying operation. Rudy, Buckham and Rudy's lawyer did not return repeated phone calls and e-mails from TIME requesting comment.

"People were kind of raising their eyebrows," recalls a former DeLay staff member, who says he was unsettled by Abramoff's constant presence. "Who is this guy, and what is he doing?" What he was doing, it now appears, was getting his clients, including not just Indian tribes but also businesses and government officials in foreign countries, to fork over hundreds of thousands of dollars, often by making the contributions

RAKING IN THE CASH

Abramoff's largesse may bring political grief to dozens in Congress. But in addition to DeLay, a few lawmakers, who all deny any wrongdoing, may get caught up in the legal probe



CONRAD BURNS

The Montana G.O.P. Senator backed a \$3 million grant to an Abramoff tribe. Burns' campaign netted \$150,000 connected to the lobbyist and his clients over the years



JOHN T. DOOLITTLE

His wife was hired by an Abramoff firm; he got use of a skybox. Abramoff's Indian casino clients gave a lot to the California Republican's campaign and PAC

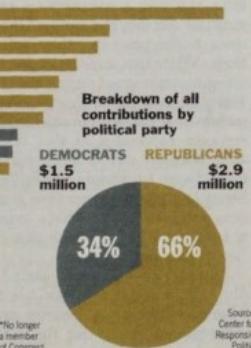


BOB NEY

"Representative #1" in the Abramoff indictments, the Ohio Republican is the only pol singled out (but not charged) for taking gifts for "official acts and influence."

Top 20 congressional recipients of contributions from Jack Abramoff, his wife, the Indian tribes that hired him and SunCruz Casinos, from 1999 to 2005

J.D. Hayworth, Ariz.	\$101,620
J. Dennis Hastert, Ill.	69,000
Thad Cochran, Miss.	65,500
Conrad Burns, Mont.	59,590
Richard W. Pombo, Calif.	54,500
Jim McCrery, La.	52,750
John T. Doolittle, Calif.	50,000
Patrick J. Kennedy, R.I.	42,500
Patty Murray, Wash.	40,980
Don Nickles, Okla.*	40,000
Charles B. Rangel, N.Y.	36,000
Dave Camp, Mich.	35,500
John A. Boehner, Ohio	32,500
Harold Rogers, Ky.	32,000
Bob Ney, Ohio	31,500
Harry Reid, Nev.	30,500
Billy Tauzin, La.*	30,500
Tom DeLay, Texas	30,500
Denny Rehberg, Mont.	30,000
Byron L. Dorgan, N.D.	28,000



to nonprofit foundations that would in turn finance junkets for DeLay and other lawmakers, as well as their staffs. That was meant to get around House rules forbidding lobbyists to pay for congressional travel directly.

Sources close to the investigation have told TIME that the FBI has been particularly interested in a trip DeLay and some of his staff members took to London and Scotland in 2000. At the time, Congress was considering legislation that would have restricted Internet gambling, and with it the livelihoods of some of Abramoff's biggest clients. So Abramoff arranged for two of them—a Choctaw Indian tribe and the gambling-services company eLottery Inc.—to each contribute \$25,000 to the sponsor of the trip, the National Center for Public Policy Research, a conservative nonprofit foundation on whose board Abramoff sat. They wrote their checks on May 25, 2000—the very day that DeLay departed.

But those numbers look trivial compared with what Abramoff's clients apparently were pouring into a little-known public-advocacy group, the U.S. Family Network, which Buckham organized in 1996 for the ostensible purpose of promoting conservative values and "moral fitness." Last month the Washington Post reported that nearly all its funding came from corporations linked to Abramoff—including a million-dollar payment that may well have come indirectly from corrupt Russian oil interests, which have never expressed much interest in moral fitness; half a million dollars from textile companies in the Northern Mariana Islands in the Pacific that are known for their cheap labor; and a quarter of a million from the Mississippi Band of Choctaw Indians, Abramoff's largest client. (See accompanying graphic.)

That was a lot of money to give to an organization that never had more than one full-time employee and spent little on public advocacy. But the U.S. Family Network did run ads attacking vulnerable Democratic lawmakers, and it owned the town house where DeLay's political-action committee rented its offices. The entity also paid hundreds of thousands of dollars to Buckham and his firm Alexander Strategy Group, which at the time was paying DeLay's wife Christine

\$3,200 a month to make lists of lawmakers' favorite charities—information that an intern could probably dig up in a week.

DeLay's lawyer Richard Cullen says that if those who worked for the former House majority leader were doing anything shady, their boss had no inkling of it. "Certainly he would be very, very sad and disappointed if it turns out any of his staffers did anything that was inappropriate—not just illegal but inappropriate," Cullen

TODAY! I AM BOUNCING CHECKS!!! Indeed, it was a business deal gone sour that might have finally forced his guilty plea in the Washington corruption case. He was scheduled this week to go on trial in Florida on charges that he and a business partner, Adam Kidan, falsified a loan guarantee as part of a \$147.5 million deal to buy a fleet of casino boats. His plea deal in that case last week, which avoids that trial, is also contingent on his cooperation in the Washington investigation.



IN FOCUS As part of his deal, Abramoff pleaded guilty to fraud charges in a Miami court

tells TIME. "He demands honesty and excellence from his employees."

But buying influence was only part of Abramoff's enterprise. All along, he was taking his cut and financing projects of his own, including a religious academy in Maryland where he sent his children and a sniper school for Israelis on the West Bank. His three Washington restaurants, now closed, were hemorrhaging money, and he was always working on a half-baked business idea, such as starting an indoor lacrosse league or a ferry service across the Potomac. "Jack lived pretty much right at his means," says a former associate who was familiar with his personal finances. "He never saved money. He lived check to check." In one of his 2003 e-mails to Scanlon, Abramoff even sounded desperate: "Mike!!! I need the money

Worfel, the former Coushatta leader who was so dazzled by Abramoff five years ago, says he hasn't heard from him since around the time the first reports of the scandal broke and the lobbyist was fired by his firm, Greenberg Traurig. "Jack was calling and said, 'Man, I need help.'" Even after everything he had taken from the tribe, he still wanted more. Worfel turned him down, but Abramoff kept calling, leaving eight or nine more voice-mail messages. Finally, Worfel did the only thing he could do against a man as persistent as Jack Abramoff. He got a new cell phone. —With reporting by Mike Allen, Perry Bacon Jr., Brian Bennett, Massimo Calabresi, Matthew Cooper, Mark Thompson and Douglas Waller/Washington, Siobhan Morrissey/Miami, Jeffrey Ressner/Los Angeles and Eli Sanders/Seattle

Is he a conservative activist or a legal scholar not bound by ideology? Now's his chance to argue his case

By PERRY BACON JR. and MIKE ALLEN WASHINGTON

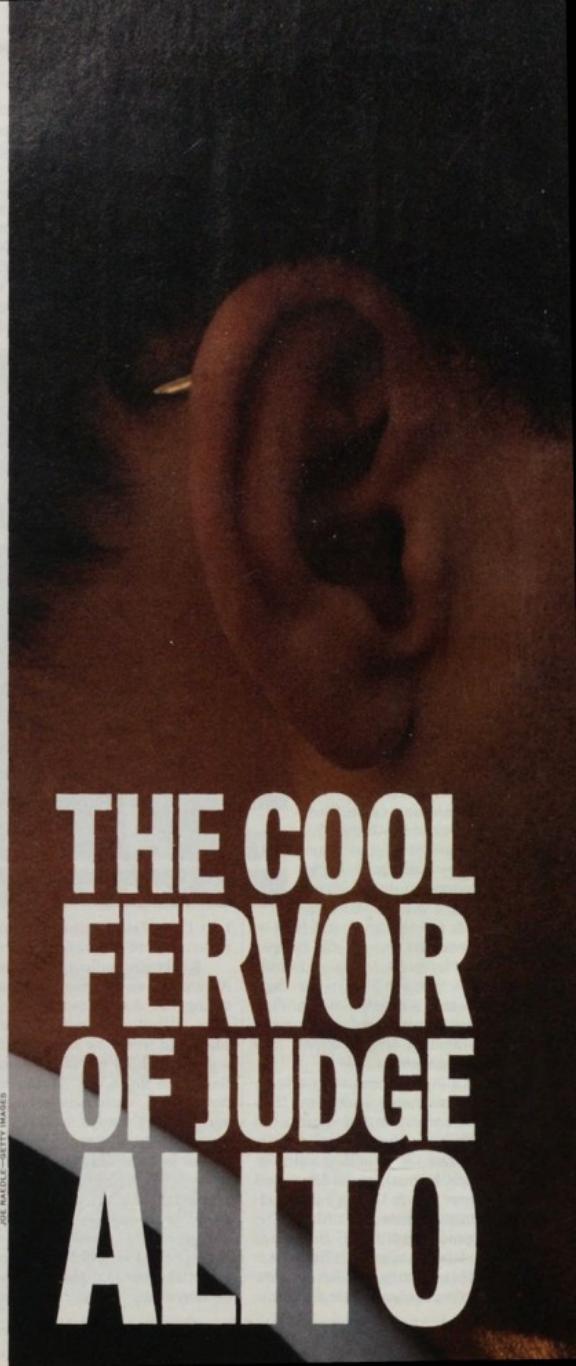
SAM ALITO WANTED A BIGGER JOB, BUT HE had a problem. The 35-year-old graduate of Princeton and Yale was working at the Justice Department in 1985 at the height of conservative euphoria over the re-election of Ronald Reagan. But he was not part of what was known as the "secret handshake" crowd—the Administration's tight-knit cadre of Reaganite true believers. He had been one of the young lawyers from elite schools hired without regard to their political leanings by the Solicitor General's office. The Reaganauts suspected many of the career lawyers were liberals hoping to block Reagan's ideas. Worse, Alito had not even worked on the President's campaign or donated money, two tests of loyalty for high-level posts in any Administration.

Still, some at Justice got the impression through informal conversations that Alito was more conservative than he let on, although he rarely talked directly about politics. And they admired his approach to the law. In a department in which even some Reagan disciples were worried that colleagues focused too much on ideology rather than legal reasoning to back their claims, Alito diligently researched every issue, wrote clearly and avoided ideological traps. "I was just very impressed by the disciplined nature of his mind," says Chuck Cooper, a Justice Department official at the time. "He could view a legal issue as objectively and as neutrally as anyone I have ever met."

So when Cooper was named to head the department's Office of Legal Counsel, he immediately thought of Alito to be one of his deputies. The office functions almost as a law firm within the Executive Branch, offering legal advice on the various ideas coming from other presidential aides—the perfect post for a man who focused more on the fine points of jurisprudence than on politics. This was a chance for a big step up. The question was, Could he be trusted?

Alito was given a test. As part of applying for the job, he was asked to write an essay attesting to his ideological credentials. "I am and always have been a conservative," he wrote in uncharacteristically bald prose. With those eight words, along with a note that he was "particularly proud" of memos he had written suggesting limits to affirmative action and abortion rights, Alito sealed the promotion.

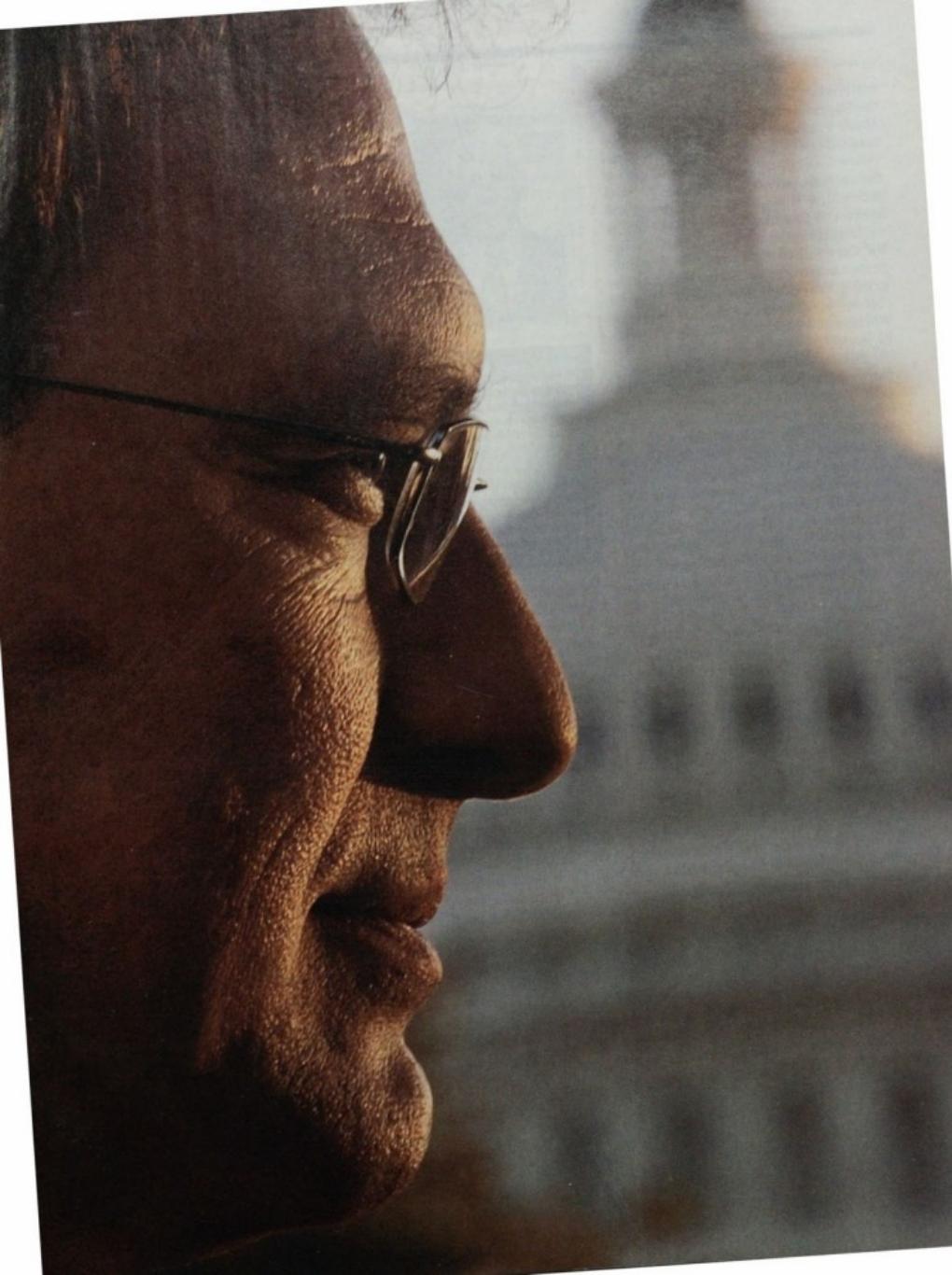
He also set the stage for a high-stakes political



THE COOL FERVOR OF JUDGE ALITO

JOE RAEDLE—GETTY IMAGES

HOT SEAT The White House believes Alito's low-key style will play well in the heated Senate hearings



battle when George W. Bush named him to the Supreme Court two decades later. As Alito's confirmation hearings kick off on national television this week, Senators and viewers will be asking, Is this the man of the memos, whose paper trail includes provocative passages against abortion and in favor of Executive power that have given Democrats and liberal interest groups the ammunition to portray him as a dangerous activist? Or would the high court be getting the more opaque and reserved scholar described by friends and co-workers and suggested by some of his later work?

His answer to that essay test suggests a paradox that may play out on Capitol Hill as the Judiciary Committee opens hearings for a Supreme Court nominee for the second time in five months—after nearly a dozen years with none at all. Supporters and former clerks affectionately describe Alito as nerdy—more academic but also less polished than John Roberts, who addressed the committee without notes on his way to confirmation in September as Chief Justice. Yet Administration officials say they are certain that Alito will attract fewer votes—in the committee and later in the Senate—than did Roberts, whose golden résumé and limited paper trail thwarted Democrats' putative attack plans. Party leaders say they are determined not to give Bush's new nominees as easy a time. Alito would replace Sandra Day O'Connor, whose views have often decided key issues like affirmative action, late-term abortion and death-penalty cases in ways that Democrats have supported. They fear Alito's won't.

That political dynamic has left the nominee's longtime friends and colleagues scratching their heads; the Alito they are reading about bears little resemblance to

EDWARD STOB - THE RYAN LEDGER/CHBERS



ROLE MODEL Samuel Alito Sr., above, was known for being bipartisan, socially conservative and a stickler for grammar

FORMATIVE YEARS
Alito was a White House lawyer, far right, before becoming U.S. Attorney in New Jersey, right

the conservative yet cautious man they know. "He's careful, he's methodical, he's no maverick or extremist," says Susan L. Sullivan, a legal consultant in San Francisco and self-described liberal Democrat who clerked for Alito in 1990 and '91. Sullivan thinks opponents are "cherry-picking decisions." But that is standard procedure for any confirmation fight. And Lawrence Lustberg, a New Jersey defense lawyer who has known Alito for decades and likes him personally, says the nominee would certainly move the court to the right on a wide range of issues. Mark Tushnet, a constitutional-law professor at Georgetown University, says he takes his cues from the enthusiasm of Alito's conservative supporters, and if he's not one of them, they have been "hoodwinked." Says Tushnet:

"Roberts is smoother. Alito is more rough-edged, and you can see the conservatism more clearly."

LEgal scholars on both sides suggest that the most telling stretch of his biography is the quick run from 1985 to '90, beginning when he took the Office of Legal Counsel job and ending with his elevation to his current post on the circuit court. Colleagues say he was admired for collegiality. When two of his young aides had to finish a memo for the next day, he stayed with them past midnight and went to the law library to fact-check the memo they wrote, a task usually left for much more junior aides. But at his new job at Justice, what his co-workers remember above all is that he lived up to his

5 HOT-BUTTON ISSUES

5 Abortion was supposed to be the major focus in Alito's confirmation hearings. But other issues have crowded into the picture as well, particularly the questions of presidential power that have been raised by the war on terrorism generally and the Bush Administration's secret wiretapping policy in particular. Some likely flash points:

BATTLE STATIONS Republicans like Lindsey Graham, right, will defend Alito's long record from Democrats like Dianne Feinstein



1 EXECUTIVE POWER

In a 1984 memo he wrote in the Justice Department, Alito argued that the Attorney General should be immune from lawsuits when he was acting to protect national security, even when that included illegal wiretapping of U.S. citizens.

■ Opponents say: He has too broad a view of Executive power.

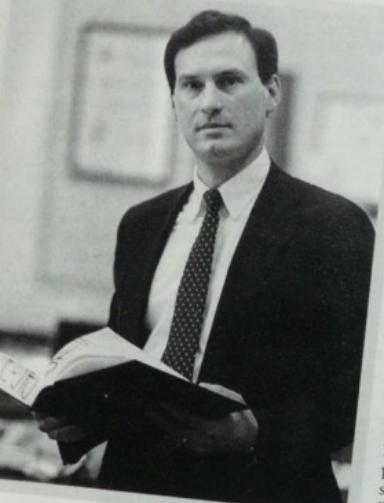
■ Defenders say: He wasn't only supporting illegal wiretapping.

2 CRIMINAL CASES

In a 2004 opinion, Alito defended the strip search of a 10-year-old girl by police who were investigating her father for drug trafficking. Alito argued the warrant allowed the police to search everyone at the home.

■ Opponents say: He's overly deferential to the government in criminal cases.

■ Defenders say: He disliked the search, but the police reasonably believed the warrant allowed it.



reputation as focused more on legal reasoning than on political doctrine. "The others were much more open about being part of a revolution," says Marc Miller, a Democrat who worked in the office and is now a law professor at Emory University. "Sam was the least of that, a good lawyer and soft-spoken." Alito sometimes frustrated staff members by examining issues from all sides, sending attorneys back to rethink memos if he didn't think they had explored them all. In one often cited memo he wrote before he entered the legal counsel's office but that is emblematic of his scholarly approach, Alito argued that the Administration should not press the Supreme Court into throwing out a suit from the Black Panther Party that accused federal officials of conspiring against the group. Disagreeing with the Justice Department, the

FBI and the CIA, he said none of the legal issues in the case—such as questioning a lower court's ruling that said it was important that the Black Panthers be allowed to keep their membership list private—merited Supreme Court review and the department should try to win the case in lower courts.

Part of the job of the Office of Legal Counsel is to protect the authority of the President. And in that department, Alito seemed to support expanding the power of the presidency in ways that worry congressional Democrats today. He was part of the Litigation Strategy Working Group, a team of about a dozen officials that Attorney General Edwin Meese appointed to help embed Reagan's philosophy more deeply into the legal system. In a 1986 memo to the group, Alito proposed to have Reagan issue "signing statements," defining exactly how the President understood a law's meaning, when he approved a bill that Congress had passed. Reagan issued such statements occasionally, but the Bush Administration has dramatically expanded their use. In one issued two weeks ago, which infuriated both Democrats and Republicans, Bush suggested he would reconsider a recently passed torture ban if he felt there was an imminent national-security threat.

Thriving at work, Alito was enduring a personal crisis, the declining health of his father, which gave his colleagues a window into a relationship that had shaped the often shy, private man. Samuel Alito Sr. had worked more than 30 years for the New Jersey state government, mainly in the office of legislative services, which is in charge of conducting research and writing legislation for state lawmakers. Alito's dad, who had occasionally let his son come to see his work at the statehouse, was widely admired

for his nonpartisan approach. Although people knew he was a Republican, both parties trusted his judgment, putting him in charge of a redistricting project in the 1960s. He was also known for being strict, firing employees who violated the rules of the apolitical office by expressing their views of pending legislation. And like his son, he was a stickler for careful writing, sharply criticizing any material his staff members wrote that had grammatical errors.

The father's health quickly worsened after his retirement in 1984. The young Alito was very close to his parents and his sister Rosemary and headed back to their New Jersey home as often as he could. But his job frequently kept him in Washington, and the situation left him talking to his colleagues about the influence his father had on him. "He would recount the strenuous efforts his father made to undertake redistricting in a methodical, precise way," says Doug Kmiec, a law professor at Pepperdine University who worked with Alito. "His father gave him a model for how to deal with people in a fair and evenhanded way." Alito Sr. died in 1987 of a heart problem, and dozens who were involved in New Jersey politics attended his wake.

By that time, Alito had found a new job. When the U.S. Attorney's post in Newark, N.J., opened up in '87, Alito wasn't an obvious candidate. U.S. Attorneys, the top federal prosecutors in each state, are often swashbuckling, charismatic figures who are aiming to head into politics. In his Justice Department job, Alito worked on highly technical legal questions, seldom held press conferences and rarely showed up in a courtroom. Alito saw the job as a chance to move back near where he grew up and be closer to his family, and he had a novel spin on his dearth of qualifications: he told a colleague the position would give him a "remedial education"—a chance to get more trial experience and focus on less

3 CIVIL RIGHTS

In 1985, when applying for a promotion in the Reagan Administration, he noted his disagreement with Supreme Court decisions in the 1960s on reapportionment, which was designed to ensure fairer representation of urban minorities.

■ **Opponents say:** He doesn't strongly support equal voting rights.

■ **Defenders say:** He has reassured Senators that one man, one vote is a "bedrock principle."

4 CHURCH AND STATE

In a 1999 case, Alito ruled that a public display in Jersey City, N.J., that included a crèche, a Christmas tree and a menorah was constitutional because the display also included secular figures like Santa and Frosty the Snowman.

■ **Opponents say:** He would lower the wall separating church and state.

■ **Defenders say:** Courts have gone too far in banning religious expression.

5 ABORTION

In 1985, Alito wrote, "We should make clear we disagree with Roe vs. Wade." Later that year, in the job application, he said he was "particularly proud" to have worked on opposing a constitutional right to an abortion.

■ **Opponents say:** He is likely to vote to roll back abortion rights.

■ **Defenders say:** He was simply trying to reflect the views of the recently re-elected Reagan Administration.



specialized issues than the ones in his work in Washington. Friends saw the stirrings of a politician, someone who could size himself up against the competition. Alito told them that a rival candidate had shown a lack of conviction by giving money to both political parties.

With the endorsement of Attorney General Meese, under whom Alito had worked in Washington, as well as the support of several New Jersey Republican officials who had long admired his father, Alito landed the U.S. Attorney job in early '87. He moved quickly to make the office less hierarchical. He instituted an open-door policy that allowed defense lawyers to come in and meet to discuss cases with him personally rather than with one of his aides. He met individually with more than 70 of the

Genovese crime family who had sought to kill Gambino Mob boss John Gotti.

Democrats looking at Alito today are worried that his tenure as a prosecutor has affected his track record as an appeals court judge, a position in which he has overwhelmingly favored police and the government in criminal cases. He defended the strip search of a 10-year-old girl, saying drug dealers sometimes use children to help with their crimes. He ruled that evidence obtained by the FBI while monitoring a suspect for several months in his hotel suite without a warrant was permissible because police turned on video cameras only when an informant who was cooperating with officers entered the suspect's hotel room. In an opinion later overturned by the Supreme Court, he upheld a man's death

which was designed to ensure fairer representation of urban minorities.

But following revelations that Bush has allowed the secret surveillance of Americans without warrants, Democrats have shifted their concern to Alito's robust defense of Executive power. In a 2000 speech, for instance, Alito argued that the framers viewed the Executive Branch of government "as necessary to balance the huge power of the legislature and the factions that may gain control over it." Massachusetts Senator Ted Kennedy has said he would question Alito about a 1984 memo in which he argued the Attorney General should be immune from lawsuits even if he authorized illegal domestic wiretapping.

Many Democrats say that while Alito may be mild mannered, his views reflect a

JON MCNAUL/GETTY IMAGES



FAMILY TIES
The Alito clan,
from left: son
Philip, wife
Martha-Ann,
the judge and
daughter Laura

attorneys in his office to get their input when he first arrived there. And at news conferences at which indictments were announced, Alito made sure to introduce his deputies and let them answer questions, so they could appear in front of the cameras and get credit for the office's work as well.

One of his first moves may have been his best. Realizing he didn't have much experience as a prosecutor, he brought in one of Southern New York U.S. Attorney Rudolph Giuliani's stars from across the river, Michael Chertoff, to serve as his top deputy. Together they decided to shift the office's priorities, going after fewer small drug deals and focusing more on public corruption and Mob cases. "We both agreed we should avoid a lot of rinky-dink cases," Chertoff, who is now the U.S. Homeland Security Secretary, told TIME. The result was that Alito prosecuted far fewer drug cases than his predecessor had but also won some major cases, including several convictions of members of the

sentence—even though his lawyers had failed to present evidence that he was abused as a child and had limited mental capacity—saying the defendant was demanding that his defense attorneys be more resourceful than the Constitution requires.

After Alito's three years as U.S. Attorney, President George H.W. Bush tapped him to be an appeals court judge in Newark, a position he has held for 15 years. When Alito was first nominated, it was expected that Democrats would attack him for his opinions as a judge, particularly a 1991 dissenting opinion in which he defended a Pennsylvania law that said a woman must notify her husband before she has an abortion. Democrats also seized on Alito's record of ruling against employees who allege gender or racial discrimination. They were alarmed too by the 1985 Justice Department application and wondered why Alito said he was opposed to Supreme Court decisions in the 1960s promoting reapportionment,

"Roberts is smoother. Alito is more rough-edged, and you can see the conservatism more clearly."

MARK TUSHNET

conservative activist befitting the "Scalito" moniker that liberals have given him in order to tie him to Supreme Court firebrand Antonin Scalia. White House aides want Alito prepared for a barrage of hostile queries, so he continued last week with practice sessions in a Justice Department conference room and a White House auditorium. Former Solicitor General Ted Olson stopped in to fire questions aimed at sharpening the nominee for surprises. White House officials believe Alito's understatement will play well in such a heated atmosphere. Asked how the Administration plans to handle the theatrics of the hearings, a White House official replied tartly, "Maybe we'll put a cape on him." That might be appropriate dress, because like a superhero, Alito almost seems to have two separate identities. To pass his next job interview, he will have to convince enough Senators that at least one of those two Alitos belongs on the Supreme Court.

Kiefer Sutherland

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WHO IS THE REAL AR

A chastened Schwarzenegger tries to reboot his reputation by making peace with his enemies

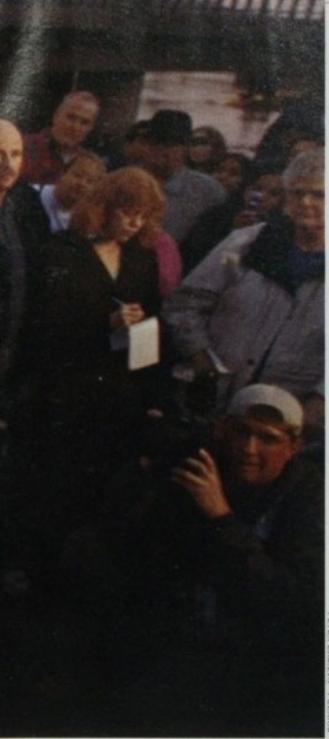
By SONJA STEPTOE SACRAMENTO

DURING A TOUR OF COMMUNITIES devastated by the rainstorms that hit California last week, Governor Arnold Schwarzenegger stood atop a battered levee reinforced by stacks of sandbags and previewed his next crusade. He was preparing to ask the legislature to support a 10-year, \$222 billion proposal to fortify eroding flood banks and other decrepit infrastructure. Surveying the swollen canal nearby,

Schwarzenegger closed by saying, "I hope we can move forward with [the plan]. It's just the sandbags protecting us from a disaster here."

Schwarzenegger is crossing his fingers that the massive public-works plan will help rescue him from political disaster. His approval ratings are well below 40%, his re-election day is just 10 months away, and he's still recovering from the defeat of his pet ballot initiatives by voters who thought he had become too conservative and combative during the special election last

November. The Republican Governor is trying to rally by championing levee restoration and a host of other largely nonpartisan programs in a concerted attempt to recast himself as the consensus-building centrist he promised to be when he was elected two years ago. To that end he has added more moderates to his inner circle—most notably staff chief Susan Kennedy, an iconoclastic Democrat who supports abortion rights but shares the Governor's hostility to government regulation. And he has demoted partisans like liberal environmental activist Terry Tamminen and Kennedy's predecessor, conservative Republican Patricia Clarey. He is courting—or, some suggest, co-opting—



DISASTER AREA: The Governor toured towns in Napa Valley flooded by rainstorms to pitch his rebuilding ideas

chastened Governor offering a plan to please any populist—or teacher, bond salesman, union member, hourly worker, college student or construction-company owner. “The people, who always have the last word, sent a clear message—cut the warfare, cool the rhetoric, find common ground and fix the problems together,” Schwarzenegger said. “So to my fellow Californians, I say—message received.” Among other things, he proposes to repay elementary and secondary schools the \$1.67 billion the state previously borrowed to close the budget gap. He would finance his public-works projects not with higher taxes but with a combination of bond sales and freeway tolls. Most startling, Schwarzenegger conferred so frequently on those ideas with Democratic legislative leaders that “Democrats all but wrote the speech,” says Fabian Núñez, the Democratic assembly speaker who has shared cigars, wine and espresso with the Governor during their confabs.

In theory, Schwarzenegger’s strategy makes perfect sense. California is more politically purple than blue nowadays. The latest registration statistics show that although 43% of the state’s 15.9 million voters are Democrats and 35% are Republicans, the number of independents is up to 18% and growing fast, says Mark Baldassare of the Public Policy Institute of California. Given the Democrats’ hold on the legislature, Schwarzenegger can’t accomplish much without their help. But he can’t get re-elected without the support of Republicans. “Moving to the center is the only thing he can do because moderates and swing voters decide elections here,” says Sherry Bebitch Jeffe, a senior scholar at U.S.C.

In practice, however, by trying to be all things to all factions, Schwarzenegger has pleased very few. His latest incarnation has provoked mostly suspicion from the left and talk of revolt from the right. In a poll released last week by the independent Public Policy Institute of California, just 32% of adults said

they approve of his leadership. Although the Governor’s reincarnation is just beginning, many Democrats believe that voters have already seen enough. “One year he’s a centrist. The next year he’s a conservative. The next year he wants to be a liberal,” says Roger Salazar, a Democratic strategist advising state controller Steve Westly, who’s running for Governor. “This guy has no political soul.”

Schwarzenegger insists there have been no shifts in his core beliefs. “Anyone who says I’m changing positions is totally wrong,” he said at the disaster site last week. He argues that he’s a pragmatist above all. He has embraced the minimum-wage hike and the tuition freeze, he says, because the state can afford them now. But skeptics detect a flight to safety after a serious setback. “During his first year in Sacramento, he cut a number of deals, giving the appearance that he was able to work with the legislature and all the constituencies and that he was trying to govern,” says Leon Panetta, a former Clinton White House chief of staff. “But when he went to war with the Democrats and the unions the following year, there was frustration that we were back to confrontational politics. Arnold needs to get back to where he was in the first year.”

The complication for Schwarzenegger is that many of the state capital’s inhabitants are addicted to partisan warfare. And trying to simultaneously keep his base happy and build bridges across the aisle is proving arduous—as shown by the reaction to his hiring of Kennedy, an openly gay former Democratic Party executive and deputy staff chief for Governor Gray Davis. Schwarzenegger said Kennedy will help him work with Democrats to carry out his plans. But rather than viewing it as the practical move the Governor said it was, or drawing comfort from Kennedy’s pro-business voting record while serving on the state utilities commission since 2003, both moderate and conservative Republicans saw only blue. State G.O.P. leaders publicly fretted that she might divulge election strategy to Democrats. Others took it as a slap. “He’s just told a lot of people who spent their lives fighting her that their work is meaning-

NOLD?

Democrats on pet issues like raising the minimum wage and freezing tuition at state colleges. But at the same time, he followed the politically safe precedent—no California Governor had commuted a death sentence in 38 years—and denied clemency to death-row inmate Stanley (Tookie) Williams.

Schwarzenegger 3.0 was on full display during his State of the State address last week. Gone was the man who in last year’s speech talked of fighting special interests, deplored the “broken” budget process, called the education system a “disaster” and declared that the state employees pension system was “out of control.” In his place, legislators heard a



LIGHTNING ROD: New chief aide Kennedy, a pro-business Democrat, has ranked both parties

less," says Ray Haynes, one of about 20 Republican assemblymen who met with the Governor to express their displeasure. Haynes suggested a number of conservative causes Schwarzenegger could champion, such as fighting illegal immigration and keeping his no-new-taxes campaign pledge. "The secret in politics is to leave the dance with those that bring you, and I can guarantee that none of the Democrats want to see him come back," he says. "He's got to assess who's more critical to his success."

Activists in the party's right wing, long

suspicious that Schwarzenegger was a liberal in conservative's clothes, are not waiting for the loyalty-test results. The Campaign for Children and Families is asking him to leave the Republican Party. A leading grass-roots group, the California Republican Assembly, is lobbying to rescind the G.O.P.'s preprimary endorsement of Schwarzenegger. Those activists have collected more than 10,000 signatures on an online petition urging *The Passion of the Christ* director Mel Gibson, a conservative Catholic, to run against Schwar-

zenegger for Governor. "His reaction to the special election was to raise a white flag in surrender to the liberals," complains Mike Spence, who heads the assembly. "Schwarzenegger's going to have to give conservatives a reason to vote for him. Otherwise, we won't vote at all."

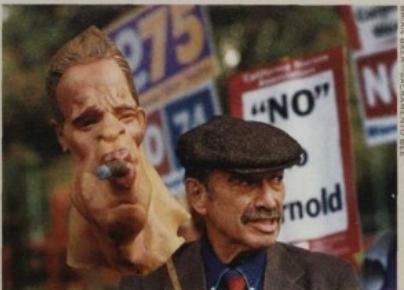
A Gibson candidacy is a long shot, not least because the movie star has not shown any interest in Schwarzenegger's job. But Spence thinks conservatives may have another way to show their displeasure—by backing Jim Gilchrist, the founder of the Minuteman Project, which is agitating against illegal immigrants, and a possible independent candidate in the general election. As it stands, with a Democratic challenger expected to get full support from the party's re-energized base, strategists say Schwarzenegger will need to draw a big chunk of votes from conservative Republicans, who make up about 67% of the Republican Party's 5.5 million registered voters, to keep his job.

As if all that were not enough, now that the once powerful Governor is fighting for his political life, there's little incentive for Democrats to go along with his agenda—and help him improve his fortunes in the process. Indeed, Democrats aren't completely in sync with his new proposals and intend to press for things still on their wish list, such as an inflation provision in the minimum-wage hike, the right to buy cheaper prescription drugs from abroad and higher spending on education and health care for the poor. "We should be on the offensive and not reacting to Arnold's new script, which is designed to save his own job," says Phil Angelides, the state treasurer and another gubernatorial candidate.

But Schwarzenegger has shown a talent for speaking directly to voters over the perpetual partisan hum and appealing to their frustration about California's gerrymandered political system, which only two years ago returned to power every single state legislator. When those same politicians balked at his early efforts to balance the \$80 billion budget, he put on a golf shirt and a leather jacket and made his populist case in California's open-air shopping malls. There was some of that same Reaganesque flair in his State of the State speech last week, as he invoked the tradition of Californians dreaming big. Now in this election year, his opponents must be worried that if they break the olive branches Schwarzenegger is extending, he won't hesitate to blame them for ruining the state's dreamy horizons. ■

GRADING ARNOLD'S FIRST TERM

With a solidly Democratic legislature looking after its own interests, there are limits on what even an action-hero Governor can accomplish. His economic policies are a bright spot on his record, but he has not fared as well in his reform of the state's budget and its educational and health-care systems.



BRIAN BAER/SACRAMENTO BEAT

A-

ECONOMY Schwarzenegger earns praise for improving the economy; in 2004 the state gained 150,000 new jobs. He has eased workers' compensation rules and helped lure new businesses and retain existing ones. But much of the turnaround is due to a booming real estate market and stronger stock market.

B-

BUDGET After years of deficits, he balanced the budget for the past two years. But he averted a disastrous default on the repayment of old debts with new billion-dollar bond sales that have kept the state's credit rating near junk level and ballooned its accumulated debt. He deplores the "broken system" but has not used his line-item veto.

C

EDUCATION His plan to freeze college tuition and refund money owed to schools this year wins high marks. The teachers' union bitterly fought his plan to delay tenure eligibility from two years to five, but his effort was laudable. Still, with several state and local powers holding sway, as well as complicating federal mandates, California's system is difficult to corral.

C-

HEALTH CARE Most of the major problems have not been addressed. With his letter-writing campaign to Washington, he has given pen service to the idea of letting in cheaper prescription drugs from abroad. But he has twice vetoed state legislation that would make it possible, insisting that only the Federal Government has that power.

C

GOVERNMENT REFORM He was praised for trying to end legislature-controlled redistricting through his failed ballot proposition. But after making special-interest influence a major plank of his election campaign, he has accepted more special-interest campaign contributions than his predecessor Gray Davis, the previous champ.



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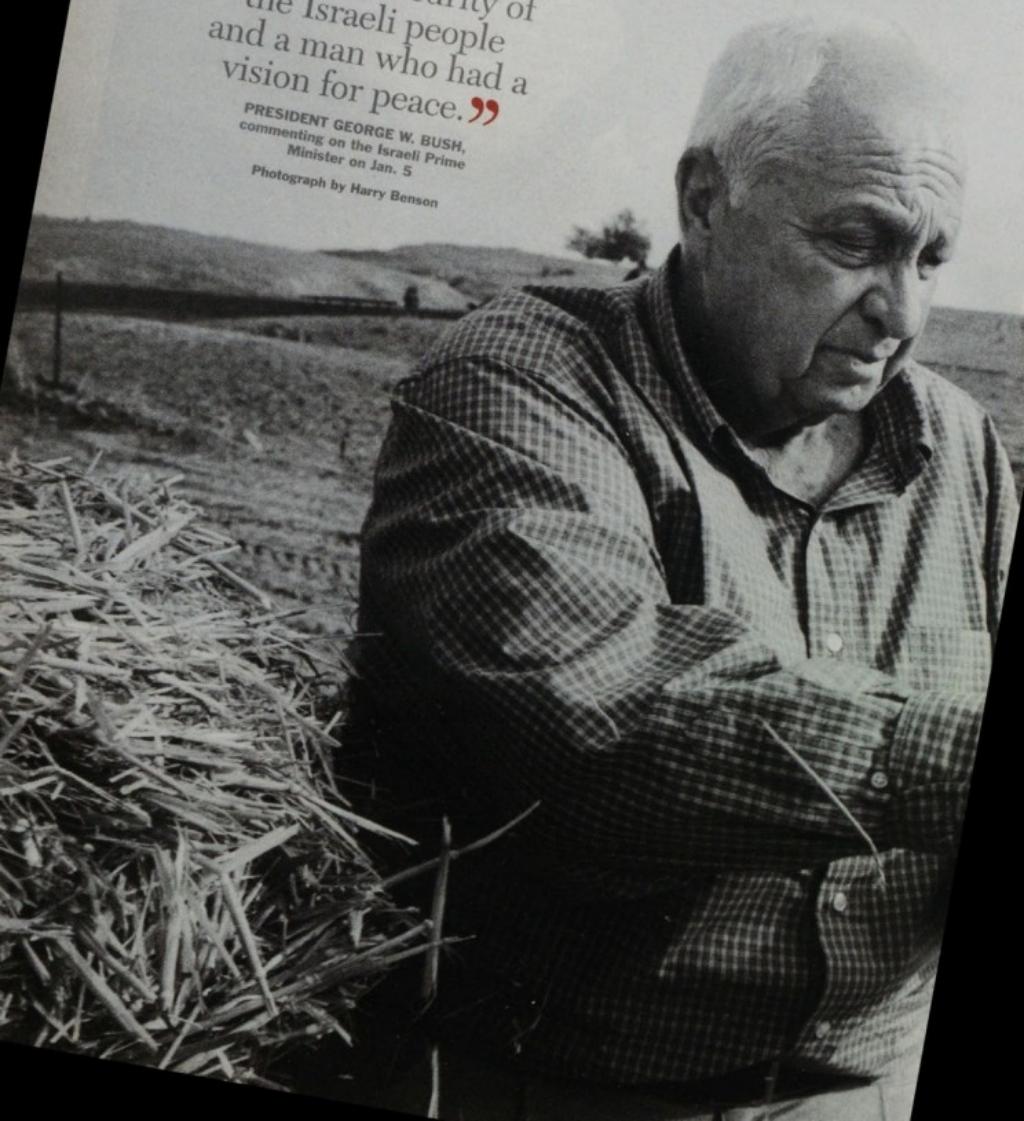
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**“Ariel Sharon is a
strong man, a man
who cared deeply
about the security of
the Israeli people
and a man who had a
vision for peace.”**

PRESIDENT GEORGE W. BUSH,
commenting on the Israeli Prime
Minister on Jan. 5

Photograph by Harry Benson



WORLD

Troubled Soil

With Sharon off the stage, Israel prepares for life after its iconic leader. Why his successor will find it harder to make peace with the Palestinians **By Johanna McGeary**



ARIEL SHARON NEEDED REST. AFTER SPENDING LAST Wednesday morning in meetings with ministers and security officials at his Jerusalem office, the Israeli Prime Minister decided to go home early. He was due to undergo a heart catheterization the next morning—ordinarily a routine procedure but hardly an appealing prospect for a 77-year-old man recovering from a stroke suffered just a few weeks before. Sharon was driven 56 miles south to his family home, Sycamore Ranch, in the western Negev desert. Friends who talked to him reported that he was in low spirits. At about 9 p.m. he spoke by phone with Israel's Chief of the General Staff, Lieutenant-General Dan Halutz. They discussed how to respond to Palestinians' firing of Qassam rockets into Israel from the Gaza Strip.

It was his final call. Soon after he hung up, Sharon complained of an excruciating headache. Aides called secret-service paramedics, permanently on duty at the farm and contacted Sharon's personal physician, Dr. Shlomo Segev.

According to one of the Prime Minister's aides, the medical personnel discussed whether to fly him to Jerusalem by helicopter but decided it would be too rough a ride, instead opting to transport him by ambulance to Hadassah hospital. He was still conscious when his convoy arrived in Jerusalem 48 min. later, but his condition soon deteriorated. An MRI scan revealed a serious brain hemorrhage. Sharon underwent a two-stage operation that lasted more than eight hours. After another surgery on Friday morning, Sharon was in a medically induced coma and attached to a respirator. "Sharon won't come back to be a decision-making person," Moty Ravid, professor of medicine at Tel Aviv University, said on Friday. "His chances of functioning at these levels are close to zero."

Since his election as Prime Minister four years ago, Sharon has towered over Israeli politics, shaping it to his will. But while he fought for his life last week, many Israelis had already resigned themselves to the loss of their legendary leader. Unsurprisingly, Sharon displayed a stubborn fortitude, hanging on for days after suffering the initial hemorrhage, even showing signs of improvement late last week. But the prognoses from medical experts indicated that he would never return to the tan leather chair at the center of the Cabinet table. And so the country began the wrenching process of moving on. Deputy

Prime Minister Ehud Olmert inherited Sharon's duties and his suffocating security retinue: a convoy of armored cars reserved for the use of the incapacitated Prime Minister has already been transferred to the new one.

The rapid handover of power, though, did little to ease the shock and uncertainty that accompanied Sharon's exit from public life. As Israelis monitored the Prime Minister's condition around the clock, they knew they were witnessing the end of an era—and, perhaps, the vanishing of the country's best hope for a durable settlement of the Palestinian dispute. At 77, Sharon was among the few surviving leaders with links to Israel's founding fathers. Sharon's credentials as an uncompromising hawk meant the public trusted him to make painful concessions for peace, even if "peace" for him involved imposing territorial boundaries without the negotiated assent of the Palestinians. That process began last August, with Sharon's decision to withdraw Israeli settlers from the Gaza Strip and four West Bank settlements. Although there were celebrations in some cities and towns of the West Bank at the news of the Israeli leader's faltering condition, Palestinian officials



acknowledged that a less formidable Israeli leader may not have the courage and popularity to allow them a Palestinian state.

The political instability confronting both Israelis and Palestinians jeopardizes Washington's hopes of salvaging some kind of Arab-Israeli peace deal by the end of President George W. Bush's second term. Having hitched their strategy to the success of Sharon's policy of separation from the Palestinians, Administration officials scrambled to put a positive spin on the somber events in Jerusalem. "The desire for peace, the desire for a stable relationship between Israel

Who Will Fill Sharon's Shoes?

At the time of his hospitalization, Ariel Sharon was poised to lead his centrist party, Kadima, to victory in Israel's March 28 elections. Now there's a race to succeed him as Prime Minister. The leading contenders:



EHUD OLMBERT
The acting Prime Minister is likely to take over as head of Kadima but lacks Sharon's credibility and connection with voters

DEVOTION

At the Western Wall in Jerusalem, two Israelis offer prayers for the health of their ailing Prime Minister



peacenik ideology of the left. Labor voters seeking tough security and Likud voters ready for pragmatic solutions flocked to Kadima. So did high-profile luminaries from both parties, including a cluster of ranking Likud leaders and Labor's Nobel Peace Prize winner Shimon Peres. Polls taken early this month showed Kadima would trounce its rivals, giving Sharon a rarity in Israeli politics: a strong and stable mandate to go on doing what he was doing.

Never mind that Israeli voters weren't quite sure precisely what that would be: Sharon's policy of strength alone seemed to promise relief from the impasse of the occupation. If Israelis had doubts about the longevity of their aging, overweight leader, most just shrugged them off. But Sharon's health became an issue in December. His doctors said he had suffered a minor stroke, but within days he was back on the job.

As medical experts second-guessed Sharon's doctors after his hospitalization last week—Did doctors err in prescribing blood thinners after the December stroke? Should he have spent Wednesday night in Jerusalem rather than at the ranch?—the world grappled with the prospect of life after Sharon. His departure from the political stage has sucked the air out of the peace process for the immediate future. No one, left or right, expects a quick follow-up to the Gaza disengagement or an early return to the negotiating table. Sharon's 60 years of fighting on Israel's front lines gave him inimitable clout to stand up to the minority religious-nationalist movement that has long maintained a stranglehold on national policy. "I cannot see anyone today who can build a coalition to remove settlements as Sharon could do," says Yisrael Harel, former chairman of the Yesha settlers' council.

Who will fill Sharon's shoes? His loyal No. 2, Olmert, has taken over the reins of government and assumed the mantle of leader of Sharon's fledgling party. Olmert has two months before the March 28 elections to prove he deserves the job permanently. Polls taken right after Sharon's hospitalization were encouraging, giving Kadima the same strong showing that the party had polled under Sharon. But analysts

and the Palestinians, is one that runs wide and deep in the Israeli society," Secretary of State Condoleezza Rice said last Thursday. A senior State Department official says the U.S. believes that "progress is still possible" without Sharon. Whether that remains true will depend on how Israelis handle a crisis that so few saw coming.

UNTIL LAST MONTH, THE FUTURE LOOKED relatively sunny for this corner of the world. The constant fear of Palestinian suicide bombings has largely dissipated from Israeli life, and Israel's economy emerged

from a long slump to become one of the fastest growing in the developed world. Prosperity and the success of the Gaza pull-out boosted Sharon's political confidence. When the angry right of Likud hamstrung his government after the Gaza evacuation, he asked Israeli President Moshe Katsav to dissolve the parliament and call for early elections to be held this March. Then he took an even bolder gamble: he bolted the Likud Party and built a new one, Kadima, (forward in Hebrew) on center ground. Sharon figured the mainstream had lost faith in both the give-no-quarter right and the



AMIN WEIGEL—DPA/ZUMA



AMIR PERETZ

SHIMON PERES
The Nobel laureate bolted the Labor Party to join Kadima. A long shot to be PM, he is vital to Kadima's support from the left



BENJAMIN NETANYAHU
The hawkish Likud leader is opposed to further concessions to the Palestinians. His stock could rise if violence flares

AMIR PERETZ
A Moroccan-born trade unionist, the Labor chief might try to restart peace talks—but he'd have to convince the public first

warned that there was a huge sympathy factor at play and that once emotions abated, Kadima could start to slide. The party is so new it doesn't even have procedures to select its candidates. Without Sharon, the disparate egos brought together largely by his winning aura could clash. The trick will be to prove in short order that Kadima is more than a one-man show.

For now, the party seems to be rallying behind Olmert. The wealthy, elegantly dressed 60-year-old attorney with a taste for Havana cigars long ago lost touch with his old, blue-collar Likud constituency. Like Sharon, he has moved far from his hard-right roots to a shrewd pragmatism, becoming an outspoken advocate of separation from the Palestinians. But he lacks his mentor's charisma, military record and popularity with the public.

Kadima's first priority is to keep its Likud and Labor recruits from drifting back to home base. Labor managers are eager to

“The new leadership will need time to build credibility on security to justify taking future risks for peace.”

DANIEL KURTZER,
former U.S. ambassador to Israel

grasp what they see as a fresh opportunity to boost their flagging leader, trade unionist Amir Peretz, whose lack of experience in diplomacy and security issues pushed middle-of-the-roaders toward Sharon. The man who hopes to profit most from Sharon's tragedy, however, is his archivist, Benjamin Netanyahu, the onetime Prime Minister

FORUM

Ariel Sharon's Contentious Life and Legacy

For many Israelis, he was a builder and a bulwark; for Palestinians, a destroyer and a deterrent. TIME invited an international panel of experts to reflect on the Prime Minister's place in history and the prospects for peace when he is gone

NATAN SHARANSKY
Former Likud Minister
and author of *The Case
for Democracy*

I have always believed that real progress in the peace process will come from democratic reforms in Palestinian society. That was the reason for my criticism of Sharon's policy over the past two years. I believed that Sharon's unilateral moves would take us nowhere as long as they were not accompanied by some real democratic reforms on the other side. The question of whether the Palestinians can establish democracy will have a greater bearing on the peace process than will the end of Sharon's political career. At the same time, Sharon always demonstrated courage as a leader who takes responsibility for his actions. So many decisions are made now on opportunistic grounds or for fear of being punished in the polls. Sharon made decisions to influence history and was ready to take responsibility for them.



AP/BILLY GREENBLATT—GODA/ANNA BOULAKI—REUTERS/SHANNON STAPLETON

I very much hope that other politicians will emulate this quality.

SAEB EREKAT
Palestinian chief peace negotiator

Sharon was very candid, very blunt and sometimes absolutely undiplomatic in his suspicion of—and frustration with—Palestinians and Arabs. He did not believe in negotiations, and he did not believe that we were ready as Palestinians for the end of the conflict. He suspended all contacts and negotiations; he did not consider us as partners. Now that he is gone, we have major concerns. First, regarding the Palestinian elections scheduled for this month: we hope that the situation and confusion in Israel will not prevent them from taking place, especially in East Jerusalem. Second, we are concerned that the competition to replace Sharon will lead to a hardening of Israel's posture, meaning more settlements,

walls, incursions, assassinations and collective punishment. We Palestinians like to say that Israeli political developments are a purely domestic Israeli matter—but that isn't always true. Sharon's departure from the Likud erupted in a political volcano. Sharon's stroke will create another volcano. We Palestinians happen to live on the slopes of the volcano.

DANIEL KURTZER
Former U.S. ambassador to Israel

Ariel Sharon was writing the last and most important chapter of his legacy when he was struck down. My conversations with Sharon last September, as I departed my ambassadorial post in Israel, convinced me that the historic disengagement from Gaza was not his last peace step. I believe he was intent on redefining Israel's eastern border, which would require dismantling many additional settlements in the West Bank. Immediate peace moves by Israel are highly unlikely. The new Israeli leadership will need time

to consolidate its power at home and build up credibility on security to justify taking future risks for peace. A period of conflict management rather than conflict resolution is far more likely.

MICHAEL OREN
Senior fellow at the Shalem Center in Jerusalem and author of *Six Days of War*



He will leave two legacies, perhaps of equal importance: a military legacy of conventional audacity and innovative anti-terrorism, and a diplomatic legacy of flexibility and openness toward Palestinians. But absent Palestinian reciprocity, it was a policy of unilateralism. Sharon departed from the Israeli paradigm—historically characterized by capturing a chunk of land and demanding, for its return, negotiations and recognition of Israel as a legitimate state. He called for a viable Arab partner with whom to negotiate. The acceptance of that shift by the nation's majority is a legacy—and unique to the Kadima Party, which is why I think it is still going to win the March elections.

One thing remains unchanged: the prospects for a negotiated bilateral peace are very, very dim. But the prospects for a unilateral Israeli withdrawal from parts of the West Bank are still very strong.

expert at the Israel Democracy Institute in Jerusalem. "The power of personality is crucial." Says former U.S. ambassador to Israel Edward Walker: "When you're under pressure, there's a tendency to be less daring and more mainstream. The likely successors in Kadima are far less likely to take risks than Sharon was."

That is what troubles Washington, despite Secretary of State Condoleezza Rice's declarations that the peace process is bigger than Ariel Sharon. State Department officials say Israelis by and large are weary of war, so they have become more realistic about the need for territorial concessions than would have been conceivable before Sharon. At the same time, the majority of Israelis aren't inclined to believe that the Palestinian leadership can rein in militant groups. If Kadima's leaders are unable to hold the center together, anxious Israelis might shift their votes to the more security-minded Likud. Samuel Roberts, a former

State Department intelligence analyst, says if Likud grabs the driver's seat, Netanyahu will be "hard-line and nonaccommodating, playing into the extremists on the Palestinian side."

The Bush Administration had hoped a Sharon victory, coupled with a strong showing by Palestinian President Mahmoud Abbas in the elections scheduled for Jan. 25, could jump-start negotiations. Both those outcomes now seem out of reach. Abbas is too weak to impose law and order on an increasingly violent population, and his Fatah organization is riven by factions. The radical militants of Hamas, growing in political strength across the territories, look set to give him a drubbing at the polls. Scared by Hamas, Fatah is looking for ways to postpone the vote. Washington wants the election to go forward, and although the Bush Administration still labels Hamas a terrorist organization, Rice said last week that Hamas' right to

participate "is an internal matter for the Palestinians."

In fact, it may well be that without the strong hand of Sharon to reassure Israelis, it is the Palestinians who will determine the outcome of the country's March vote. The mounting turmoil in the territories today and the prospect of a resurgent Hamas seizing control and launching new terrorist attacks could provoke an Israeli turn to the right. A Hamas candidate in the upcoming Palestinian parliamentary elections told *Time* that if the next Israeli government responds to the growing chaos in the West Bank and Gaza Strip with force, a "new round of confrontation between Palestinians and Israelis will begin before the end of this year." The mettle that moderates on both sides show in coming days will determine whether Sharon's last overtures toward peace outlive him. —With reporting by Jamil Hamad, Aaron J. Klein and Eric Silver/Jerusalem and Elaine Shannon/Washington

DENNIS ROSS

Former U.S. envoy to the Middle East



Sharon was always governed by what he thought would make Israel strongest and most secure. He

once said to me when we were talking about whether it was possible to reach agreement on the issues of Jerusalem, refugees and borders with the Palestinians, "We can't do what they want, and they can't do what we want." Did that mean that nothing would be done? No, because that would not serve Israel's interests. He knew that there was a demographic time bomb and that to preserve Israel as Jewish and democratic, Israel could not remain in control of all the West Bank and Gaza. So he did what was previously unthinkable: he withdrew unilaterally from Gaza and dismantled the settlements there. Only someone who had built the settlements and also been tough on terror and never willing to "compromise on Israeli security" could have taken on the settler constituency in Israel. His main legacy will be that Israel will make its future choices based not on the biblical vision of the land of Israel but on the practical needs of the Israeli people. —Compiled by Coco Masters and Nadia Mustafa



HOME AND HOPE

Sharon's withdrawal from Gaza allowed Palestinians to reclaim settlements like this one in Neve Dekalim

PHOTO BY EKTA CHAUHAN FOR TIME

For other reflections on Ariel Sharon's life, politics and legacy, visit time.com



FRONT LINES

Sharon photographed in Sinai during the 1973 war after injuring his head in an armored personnel carrier while crossing the Suez Canal

The Lonely Warrior

Sharon spent much of his life stoking the rage of Israel's enemies. So how did he become their best hope for peace? By Lisa Beyer

TO HIS DETRACTORS, ARIEL SHARON WILL ALWAYS seem the fanatic. He convinced Menachem Begin that invading Lebanon in 1982 would be worth the costs, and in 2000 he insisted on visiting the Temple Mount, the Muslim-controlled holy site in Jerusalem—a walkabout that helped trigger the second *intifadeh*. As Israel's Foreign Minister, he refused to shake Yasser Arafat's hand at the Wye Plantation peace talks in 1998 and eventually made sure Arafat spent

his last years barricaded in his offices in Ramallah, unable to jet around the world espousing the Palestinian cause. His planetary dimensions—at 5 ft. 7 in., he weighed as much as 312 lbs.—have long suggested a lack of discipline at the table that many think reflects a deeper wildness. At one point, American intelligence monitored Sharon's weight in an effort to predict his actions—the theory being the more he consumed, the more adventurously he would behave. Alluding to his politics, Sharon once acknowledged that he was thought of as someone who “eats Arabs for breakfast.”

That is one image of Ariel Sharon: the right-wing zealot. In the past few years, another reputation has taken hold: Sharon reborn as peacemaker. The idea is that, having achieved his dream of becoming Prime Minister of Israel in 2001 at the age of 73, Sharon would—in a Nixon-goes-to-China kind of way—become the man to reconcile the Israelis and Palestinians once and for all. That was his campaign slogan: “Only Sharon can

bring peace.” And people inside and outside Israel began to believe it after Sharon, the man who once planned and nurtured the Israeli settlements in the Gaza Strip, had them forcibly evacuated last August, enabling Israeli troops to leave and turning the entire Gaza Strip at last over to Palestinian self-rule. In the weeks before Sharon's debilitating stroke, rumors abounded that he was preparing to make bold withdrawals in the West Bank as well.

Sharon, however, has always resisted the stereotypes imposed on him. He was never an unrelenting right-wing ideologue nor, in recent years, a devotee of peace-making. Politically, Sharon is best known as a co-founder of the hawkish Likud bloc, but he has been a member of four other parties, including the precursor to the left-wing Labor Party, in which he started out, and his own creation, Shlomzion, which flirted with doves.

Israel's withdrawal from the Gaza Strip served the interests of peace, although that was perhaps not why Sharon carried it out. His emissaries suggested that he quit Gaza—a sandy, squalid quarter to which few Israelis feel any attachment—to win goodwill in the world in order to strengthen Israel's claim to its more valuable settlements in the West Bank. Media reports re-

“Nowhere else do people carry on their lives in the midst of a hundred million hostile people.”

FROM SHARON'S 1989 AUTOBIOGRAPHY

A Flair for Conflict

Throughout his career, Sharon has been a lightning rod in the Arab-Israeli dispute

cently suggested Sharon was prepared to unilaterally draw a border in the West Bank between Israel and what might become a Palestinian state, emptying Jewish settlements that fell on the wrong side. It's an interesting idea, and perhaps a good one, but it's not peacemaking, which requires mutual consent. Sharon almost certainly would have apportioned more West Bank land to Israel than the Palestinians would have accepted, which would have kept the conflict alive. His notion of coming to terms with the Palestinians is a bit like the idea that getting out of a bad marriage is as simple as saying, "I divorce thee," and dictating the property settlement.

But what made Sharon such an enduring—and ultimately appealing—politician was his obdurate self-belief, a refusal to be bound by the constraints of negotiated agreements or ideology. Whatever Sharon did, he was at least as devoted to the fight as to the cause. That is what made him one of the greatest—some peers say the greatest—military commander in Israeli history. It's what enabled him, from a variety of Cabinet posts, to construct settlements in the face of international opprobrium. But it's also what allowed him not only to evacuate Gaza but, 23 years earlier, to tear down settlements in Egypt's Sinai peninsula and use water cannons to force out the Israelis there, putting Israel in compliance with Israel's 1979 peace treaty with Egypt.

Sharon loved the military. He writes in his autobiography that it was in the camaraderie of the army that he first experienced expressions of familial love that he had missed out on as a child. He grew up in Kfar Malal, a moshav, or collection of farms in which major equipment is jointly owned. His parents were so prickly that the family was ostracized on the moshav. Life was hard. Theirs was a three-room house made of mud and manure walls. Sharon's response was to focus on work. "You could lose yourself in it," he wrote.

At 13, armed with a club and a dagger, he joined the older moshavniks guarding the fields at night from sporadic attacks by Arab villagers living nearby. "They were



Sharon, right, with army Chief of Staff Moshe Dayan. At the time, Sharon was leading commando raids into neighboring Arab countries



Sharon, now a general, speaks with former Israeli Prime Minister David Ben-Gurion during a tour of army posts along the border with Egypt



As Defense Minister, Sharon, with his wife Lily, visits troops at the army's northern headquarters two days after the start of the Lebanon War



Then head of the opposition Likud Party, Sharon, surrounded by security guards, wraps up his provocative walkabout on the Temple Mount

not afraid of anything," he observed of the moshavniks, a quality he emulated the rest of his life. He respected the moshavniks' views about the local Arabs: they believed the Arabs had "full rights in the land" but only Jews had rights "over the land." Translation: you can live here, but under us.

Sharon, known as Arik to everyone, was just 14 when he joined the Haganah, a Jewish militia in British mandatory Palestine. Six years later he fought in the 1948 Arab-Israeli war that erupted after Israel declared its independence. As he rose through the ranks, he played a significant role in every one of Israel's wars. In 1967 he commanded one of three divisions that wrested the Sinai peninsula from Egypt. In 1973 he led a counterattack in Sinai that broke through Egyptian lines and ended up just 60 miles outside Cairo.

Where Sharon fought, there was usually controversy. As head of Unit 101, Israel's first commando team, he was assigned in 1953 to avenge the murder of an Israeli woman and her two toddlers by Palestinian infiltrators from the West Bank village of Qibya. Sharon's forces destroyed a few dozen buildings in Qibya, killing 69 villagers and earning Israel a censure at the U.N. Charged with cleaning Palestinian fighters out of the now Israeli-occupied Gaza Strip after the '67 war, he did so with ruthless efficiency. It was Sharon who pushed Israeli Prime Minister Begin to bomb Iraq's nuclear facilities in 1981, an operation applauded today but widely condemned then.

Israel's most divisive war is often laid at Sharon's feet: the invasion of Lebanon in 1982, which he planned as Minister of Defense. One objective, running the P.L.O. out of Lebanon, was largely achieved, but the scheme to install in power the leader of the

Lebanese Phalangist militia, a Christian group friendly to Israel, was a debacle. After Phalangist forces massacred as many as 800 men, women and children at the Palestinian refugee camps Sabra and Shatila, an Israeli inquiry concluded that Sharon bore "indirect" responsibility, forcing him to resign as Defense Minister. Sharon sued TIME for \$50 million for a 1983 cover story that said a secret appendix to

Israeli report stated, in effect, that he had encouraged the massacre. In 1985 a federal jury in New York City concluded that TIME had not libeled Sharon, though it also found that the magazine had acted negligently; after being allowed to examine the appendix during the trial, TIME acknowledged that it had erred in describing what the appendix said and apologized.

Sharon's lifelong militarism is often mistaken for lifelong rightism. In fact, he spent his military career in the bosom of Mapai, the precursor to the Labor Party, as a favorite of David Ben-Gurion, Israel's first Prime Minister. Sharon remained close to those in Labor, especially his friend Shimon Peres. Sharon served as a special adviser to Labor Prime Minister Yitzhak Rabin in the mid-1970s.

Those good relations are partly the product of good manners. Belying his oafish appearance, Sharon was a charmer. At the house he shared with his wife Lily until her death in March 2000, on their 1,000-acre ranch on the edge of the Negev Desert, he was an enthusiastic and attentive host. "Please, more lemonade, more cookies," he would insist to visitors.

After years of political probation following the Lebanon war, it was, ironically, Palestinian leader Yasser Arafat who gave Sharon his final big break. At peace talks in the summer of 2000, Labor Prime Minister Ehud Barak offered Arafat a Palestinian state in the Gaza Strip and the bulk of the West Bank, including some part of East Jerusalem. Arafat refused the deal. Presumably to protest Barak's offer to divide Jerusalem, Sharon, accompanied by dozens of Israeli police, took the unusual step of visiting what Jews call the Temple Mount, the plateau that today hosts al-Aqsa Mosque and the Dome of the Rock. The visit provoked rioting and an Israeli response that sparked the second *intifadeh*, which together with Israel's countermeasures has claimed some 3,000 Palestinians and 1,000 Israeli lives. While some Israelis and Palestinians blamed Sharon for provoking the violence, it soon became clear that Arafat, who fanned the unrest, had been spoiling for a fight and would have taken any excuse.

Sharon had always opposed the Oslo peace agreements, arguing that Arafat would just use self-rule to wage war against

CHRISTOPHER MORLEY FOR TIME



CLOSE ALLIES

Sharon and Bush at the President's ranch in April. The two grew closer after 9/11, which enabled Sharon to fight terrorism harder

Israel from up close. As a Palestinian mob lynched two Israeli soldiers on camera, as Palestinian marksmen shot into Israeli houses, Sharon's view came to be accepted by a growing number of his compatriots, propelling him to power in 2001. Israelis, right and left, were spoiling for a fight too, and Sharon was just the man to deliver one. In his first year in office, he was relatively restrained, punching hard but always calibrating his response to avoid a slap-down by the U.S. But after Sept. 11, the Bush Administration moved closer to Sharon's zero-tolerance view of Palestinian terrorism. So when a bomber killed 30 people at a Netanya hotel during Passover in 2002, Sharon went all out. He reinvaded the cities of the West Bank with brutal force, using the army's presence to get intelligence on the terrorists and to make arrests. He stepped up

“I hope the time will come when life will be normal here. But I do not remember one normal day.”

ARIEL SHARON

construction of a controversial barrier, started by Barak, that cut through the West Bank and walled out the Palestinians. In 2004, Sharon ordered the assassination of Hamas leader Sheik Ahmed Yassin and, later, another of the group's leaders, Abdel Aziz Rantisi, steps that previously had been considered too provocative. And he got results; the *intifadeh* never recovered its early strength, and Israelis regained their sense of security. Sharon succeeded at what many security experts said was impossible: he found a military solution to terrorism.

Sharon was elected and re-elected in 2003 for his pugnacity, not his vision. He swam among many political ideologies, and none have found the solution to the Palestinian problem. But in the final years of his tenure as Prime Minister, with what was likely to be his last election looming, he seemed closer than ever to defining an ideology of his own. The hard-line Likudniks still believe that Israel can somehow hold onto all the territories. Sharon came to accept the Labor argument that it is impossible for Israel to rule over millions of Arabs indefinitely and still remain a democracy with a Jewish majority. But Labor's efforts to negotiate a division of the land with the Palestinians have failed. Sharon may have found a third way: draw the line yourself and see what happens. If his successors in his new party Kadima have a chance to try it out, the success of the venture will define a unique political legacy for Sharon. If they don't, they will have been in a hell of a warrior. —With reporting by Aaron J. Klein/
Jerusalem and Douglas Waller/Washington

Ready for the next export
to challenge Detroit?
Low-cost Chinese cars
are revving their engines

By DAREN FONDA

MEL RAPTON DOESN'T KNOW HOW to pronounce the name of the Chinese company whose automobiles he would like to import and perhaps sell at his Honda dealership in Sacramento, Calif. He doesn't know what styles he'll promote, what he'll charge or how exactly he'll persuade Americans to buy a car made in China—one that isn't a Hot Wheels toy, that is.

Rapton does know that when he took a tour of the Hebei Zhongxing Automobile factory south of Beijing last November, he watched workers weld vehicle components together by hand—an assembly scene out of the '50s. But after his son test-drove a few models, Rapton started to think he could sell China's cars in the U.S. Setting aside doubts about Hebei's quality control, he signed a "memo of understanding" to negotiate an import deal. "It might take them a year or two to get started," he

CHINA'S FAST-MOVING V

says, "but I'm willing to take my chances."

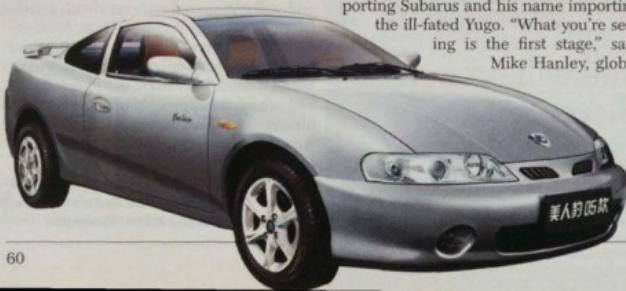
Slide over Hyundai—the next automotive upstart that takes the wheel in the U.S. will probably be Chinese. In Detroit this week, a small company called Geely (pronounced *Jee-lee*) will be the first Chinese automaker to display a car at the North American International Auto Show. Unveiling the compact sedan, whose name translates as Free Cruiser, is a bit of a stunt since Geely may be a couple of years away

from shipping products to the U.S. Yet the company has big plans, aiming to export 1.3 million vehicles worldwide, including small sedans for less than \$10,000 and a sports car, the Beauty Leopard, which sells for \$15,125 in China. Other Chinese manufacturers, with varying levels of sophistication, are developing export models too, notably Chery, which is being promoted by Malcolm Bricklin, a New York City entrepreneur who made his fortune importing Subarus and his name importing

the ill-fated Yugo. "What you're seeing is the first stage," says Mike Hanley, global

director of Ernst & Young's automotive practice. "Everybody recognizes that Chinese cars will end up in North America. It's a matter of time."

And what a lousy time for U.S. automakers, struggling under competitive pressures that the Chinese are only starting to experience. Chery is developing a full line of vehicles, from compacts to SUVs, shooting for a 2007 launch. And those aren't Chinese Yugos. At the 2005 Shanghai Auto Show, Chery unveiled a convertible with a retractable hardtop, designed by Italy's Pininfarina studio, that won the award for best new car. Yale Zhang, an industry analyst in Shanghai with CSM Worldwide, an automotive consulting firm, says he expects Chery to begin exporting a minivan and a four-door sedan next year. Chery recently cleared two hurdles: settling a law-



GEELY BEAUTY LEOPARD This sporty coupe sells for \$15,125 in China and may be headed to the U.S. It features a built-in karaoke player

CHERY QQ: This compact is a hot seller in China, where it starts at just \$3,750. Chery is developing a full line of vehicles for export to the U.S.



VEHICLES

suit with GM over charges that it ripped off a design from GM's Daewoo subsidiary, and agreeing to find a new name for North American models—since Chery sounds like Chevy, GM had threatened to press the matter in court. Bricklin, meanwhile, claims to have signed up more than two dozen dealers. Chery plans to sell cars up to 40% below current market prices. That will help buyers get past the jokes that their Chinese cars may not make it off the lot, the same jokes once aimed at Japanese brands.

With production workers earning \$2 an hour, China is pressing its labor advantage, luring foreign automakers to both supply its domestic market and develop export programs. Almost all the big names—GM, Ford, Honda, Volkswagen—have joint ventures that assemble vehicles for the local market, with sales booming at a 22% average annual clip. Strong sales in China have cooled the impetus to export. So has the majors' ample capacity at plants

overseas. And low wages don't make China a low-cost producer. The country has an inefficient supply chain, high component costs (many parts are slapped with import tariffs) and nonwage expenses like housing for factory workers. CSM's Zhang estimates that materials account for 80% to 85% of a vehicle's cost (vs. 65% in Detroit), eroding much of the labor savings. "It's not particularly cheap to produce a car in China," notes Steven Blackman, head of Ernst & Young's automotive practice in Europe.

Yet while China may not be the cheapest place to build cars, it's growing more attractive. Tariffs on parts have declined lately, and logistics costs should decrease as China's transport infrastructure improves. Last year Honda became the first foreign automaker to set up a major export operation, shipping a compact to Europe from a plant in Guangdong's special, duty-free zone. Chrysler plans to build its 300-model sedan in Beijing for domestic sale and possible export (although not to North America, where autoworkers would probably object). GM and Volkswagen export small quantities too, such as Chevy Venture minivans to the Philippines and Polo compact cars to Australia. A Chinese supplier, Wanxiang Group, is reportedly even negotiating to buy some assets of the bankrupt U.S. partsmaker Delphi.

For upstarts like Geely and Chery, it's a formidable task to pierce the cutthroat U.S. market, in which only a handful of sophisticated players (Honda, Toyota, BMW) consistently post profits. Geely was founded as a maker of refrigerators in 1986 and shifted to cars in 1998; Chery launched its first model in 2000. And although Chinese vehicle quality is improving, it lags Western standards by wide margins. Chery's QQ model, for instance, had an average 391 problems per 100 vehicles, according to J.D. Power's latest initial-quality survey. For U.S. models, the average is 118. Chinese manufacturers must also redesign cars to meet tougher U.S. emissions and safety standards, a cumbersome, costly process. And they must build distribution and sales networks, which will take time and money.

The manufacturer that gets to market first carries China's automotive reputation on its shoulders. If the first Chinese car in the U.S. flops, later entries will struggle to gain a foothold. John Harmer, vice president of marketing at Geely-U.S.A., vows that Geely isn't rushing into production at the expense of solid engineering. "We'll make sure Geely doesn't become a member of the group of manufacturers that came to the U.S. prematurely and failed," he says.

The bright side for Geely and Chery is that Americans are growing accustomed to higher-end Chinese products, such as flat-screen TVs and laptop PCs. Art Spinella, president of CNW Marketing Research, surveyed consumers to see if they would consider buying a Chinese car. About 36% said they would. "That level of consideration is twice what it was for Korean brands 10 years ago," he says. Mel Rapton, the California car dealer, figures that a combo of 100,000-mile warranties and cut-rate pricing will get Chinese cars moving. "It's a pretty big gamble," the 77-year-old admits. "But if I were 50, I wouldn't consider it a gamble." —With reporting by Bill Powell/Shanghai and Joseph R. Szczesny/Detroit

HOT SHOTS ON THE WAY

Small, sporty and economical are the big themes at the Detroit auto show this year. Here's a peek at a few models en route:



DODGE CHALLENGER Reviving a '70s legend, this rear-wheel-drive, Hemi-powered muscle car is expected to launch in 2008



MAZDA CX-7 Strap in the kids. This crossover, a mix of car and SUV, boasts a turbocharged 244-h.p. engine. Price: \$24,355

HONDA FIT Smaller than a Civic, the 109-h.p. mini will heat up the entry-level market. It arrives this spring, for less than \$14,000



NISSAN VERSA A five-door hatchback due this summer, it's expected to start at around \$12,000 and boasts of 38 m.p.g.



NEXT STOP, PLUTO

A space probe is set to take off for what astronomers used to think was the last unexplored planet

By MICHAEL D. LEMONICK

WHEN NASA FIRST CONSIDERED a mission to Pluto more than 15 years ago, the idea was to visit the last and most distant of the nine planets, an oddball whose icy composition, tilted orbit and tiny size made it unlike anything else in the solar system. But when the New Horizons probe finally takes off from Cape Canaveral—as early as next week, if all goes well—it will be heading for something else entirely. “This little misfit is now central to our understanding of the origin of our solar system,” says Alan Stern of the Southwest Research Institute in Boulder, Colo., and lead scientist for New Horizons.

Reason: Pluto, astronomers have learned, is no oddball. It’s one of thousands of icy bodies in a disk-shape swarm known as the Kuiper Belt that orbits the sun in the dark, frigid realm beyond Neptune. Since the discovery last summer of an object called 2003 UB313, Pluto is not even the biggest. And because those little worlds have been in deep freeze since the solar system was formed more than 4 billion years ago, they represent a frozen record of what conditions were like back then.

Those primordial conditions are what Stern and his colleagues will be trying to understand when New

Horizons reaches Pluto and its three moons (two were found just this past fall) in 2015. As the probe zips by, cameras will snap pictures of surface features about the size of a football field, analyze Pluto’s thin atmosphere and measure its temperature.

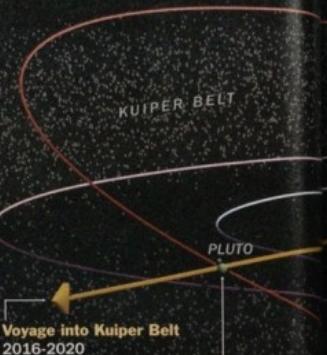
All of that will add enormously to our knowledge. But it won’t help scientists decide whether Pluto should keep its status as a planet, a debate that only intensified when 2003 UB313 was discovered; if Pluto is a planet, then its bigger cousin must be as well. The International Astronomical Union promises a decision, but Stern doesn’t know when it will come. For now, he’s not thinking much about that. He has a spacecraft to launch. —With reporting by Stefano Colaen/Cape Canaveral

RTG Powers the craft with a tiny amount of plutonium. Because the probe will travel so far from the sun, solar power was not an option

TIME Graphic by Jackson Dykman and Joe Lentola

Sources: Johns Hopkins University Applied Physics Laboratory, NASA, The Planetary Encyclopedia of the Universe, Watson-Guptil Publications (2001)

Space-probe art and artist’s conception of Pluto from Johns Hopkins University



PLUTO-CHARON ENCOUNTER

July 2015. During flyby, the probe will pass within a mere 6,000 miles (10,000 km) of Pluto—40 times as close as the Earth is to our own moon

THE SPACECRAFT

New Horizons is about the size of a grand piano, packed with highly sensitive instruments

PEPSSI

Detects molecules escaping from Pluto’s atmosphere

Antenna

SWAP

Looks for magnetic fields and measures how fast the atmosphere is escaping



LORRI A high-resolution telescope and camera capable of detecting features about the size of a football field

LAUNCH

Between Jan. 17 and Feb. 14



Jupiter gravity assist

February to March 2007

ORBIT OF PLUTO

From Pluto, the sun appears about 1,000 times as dim as it does from Earth

Pluto and its largest moon, Charon, are locked in synchronous orbit, always keeping the same face toward each other

REX Uses radio waves to analyze the atmosphere and determine night-side temperature

Thruster

ALICE Analyzes ultraviolet light to determine atmospheric composition

Star tracking cameras

RALPH Makes color maps of the surfaces of Pluto and Charon and uses infrared measurements to determine surface composition

SDC Built by students in Colorado, this instrument will count and measure dust particles in space throughout the journey

THE MISSION

Using Jupiter's gravity to speed it on its way, New Horizons will be the first probe to take close-up images of Pluto and analyze its atmosphere, thus

enabling astronomers to understand how the icy bodies of the Kuiper Belt came to be

What is the Kuiper Belt?

Named for Gerard Kuiper, who predicted its existence in the 1950s, it is a vast, disk-shaped cloud of thousands of icy bodies that starts near Neptune and reaches to about 4.5 billion miles (7.5 billion km) from the sun



Pluto is so small and distant that even the Hubble telescope sees it as a blur, left. Center and right, enhanced images of Pluto's two sides

MYSTERIES OF AN ICY WORLD

Pluto

Charon



Pluto and Charon together could fit within the U.S.

■ If humans lived by Pluto time, they would never see a second birthday. The planet orbits the sun once every **248** Earth years

■ And if humans lived on Pluto, they wouldn't have to diet. Pluto's gravity is so weak that a man weighing 300 lbs. (136 kg) on Earth would weigh just **20** lbs. (9 kg) on Pluto

■ Unfortunately, breathing would be impossible. In addition to being intolerably cold, Pluto has a thin—and temporary—**atmosphere** of nitrogen molecules, with traces of carbon monoxide and methane. When the planet moves farther from the sun, the atmosphere freezes back onto the surface

■ Pluto is one of only two planets that rotate on their **horizontal** axis. Uranus is the other. A day on Pluto is equal to 6.4 days on Earth.

■ A radio signal moving at the speed of light takes about **4½** hours to reach Pluto from Earth

COMMON THREAD:
Their parents hail
from all over Asia,
and they from all
over the U.S., but
the life stories are
similar for, from
left, Grace Chang
Lucarelli, Rob
Ragasa, Mona
Rahman, Nidhi
Khurana, Mohip
Joarder and
Suzette Won Haas



B

BORN IN THE U.S.A. TO ASIAN PARENTS, A G

THEY ARE STRANGERS,

but they already know one another's stories. So when Mona Rahman, 24, tells the other five people at a New York City dinner table about how her superstrict parents never let her sleep over at friends' houses, there are chuckles of recognition. There are equally empathetic, if more sober, nods when Grace Chang Lucarelli, 32, speaking in a soft Texan drawl, recalls "people making fun of me" because she was one of the few Asian Americans in her town. The people around the table grew up in rural Texas, suburban New Jersey, upstate New York, small-town Virginia and the real O.C. But they are the children of parents who immigrated to the U.S. from India, the Philippines, Korea, Bangladesh and Taiwan. What they share, says Korean American Suzette Won Haas, 31, is the sense of "feeling like the hyphen in between" the Asian and the American in *Asian-American*.

That particular identity was made possible 40 years ago, in 1965, when President Lyndon B. Johnson signed the Immigration and Nationality Act. Exclusion laws passed in the early 1900s had reduced Asian immigration to a trickle. In 1965, the year the Civil Rights Act came into effect, says New York University sociologist Guillermina Jasso, "the racist elements of immigration law were abolished." Annual per-



tween Two Worlds

RATION OF IMMIGRANTS' KIDS FORGES A NEW IDENTITY BY JEFF CHU AND NADIA MUSTAFA



SUZETTE WON HAAS, 31 **Heritage** **Korean**
Hometown Rancho Palos Verdes, Calif.

As a child, Haas says she wanted to be white and felt embarrassed to speak Korean but now regrets she doesn't know the language better

country quotas shot from 100—yes, 100—for most Asian nations to 20,000, with preferences for close relatives of U.S. citizens and those skilled in fields with labor shortages, like medicine. The new law unleashed a wave of immigrants who came to the U.S. to further their education or get a better job. By 1980 more than 190,000 Indians—some 90% of them college educated—had arrived. About 13,000 Korean doctors, pharmacists and nurses got green cards. The Filipino population in the U.S. nearly quintupled, to 500,000; so many medical professionals emigrated that politicians in Manila warned of brain drain.

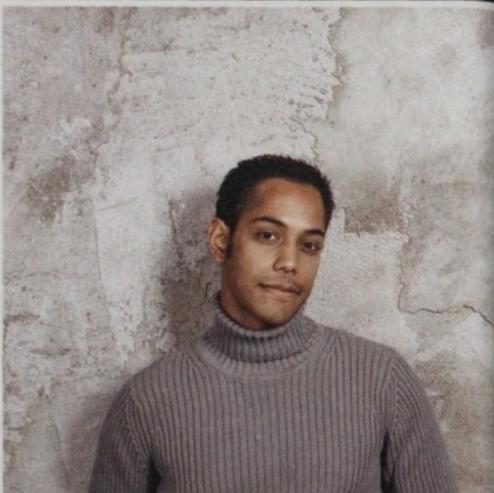
The American story is, of course, made up of successive influxes of immigrants who arrive in the U.S., struggle to find a place in its society and eventually assimilate. But the group of post-1965 Asians was different from the Jews, Irish and Italians who had landed earlier. The Asian immigrants' distinctive physiognomy may have made it more difficult for them to blend in, but at the same time, their high education and skill levels allowed them quicker entrée into the middle class. Instead of clustering tightly in urban ethnic enclaves, they spread out into suburbia, where they were often isolated. And it was there that their kids, now 20 to 40 years old, grew up, straddling two worlds—the traditional domain their recently arrived

parents sought to maintain at home and the fast-changing Western culture of the society outside the front door. The six people at the New York City dinner are members of that second generation and—full disclosure—so are we, the authors of this article.

"The post-1965 generation really is different," says David Reimers, a historian of immigration at N.Y.U. "The process of assimilation has been much faster." The inspiration for the notion of the "model minority," the generation's members have been most recognized for their high academic achievements, a reflection of their parents' drive for a certain kind of success. But that is only part of their story. Shutting between two worlds—and seeming to fit into neither—many felt as if "they had no community," says Chang-rae Lee, a Korean-American novelist who has written about this generation's journey. "They had to create themselves." In doing so, they have updated the old immigrant story and forged a new Asian-American identity, not wholly recognizable in any of their parents' native lands but, in its hybrid nature, vibrantly American.

IF YOU WERE TO DRAW A DIAGRAM OF acculturation, with the mores of immigrant parents on one side and society's on the other, the classic model might show a steady drift over time, depicting a slow-burn

MOHIP JOARDER, 27 **Heritage** Indian Hometown Spring Valley, N.Y.
Joarder, a computer programmer, shows loyalties to both East and West in his love for Indian dance: he's part of the troupe Parul Shah and Dancers, which performs modern spins on a traditional form called kathak



Americanization, taking as long as two or three generations. The more recent Asian-American curve, however, looks almost like the path of a boomerang: early isolation, rapid immersion and assimilation and then a reappreciation of ethnic roots.

As a child growing up in Pennington, N.J., Fareha Ahmed watched Bollywood videos and enthusiastically attended the annual Pakistan Independence Day Parade in New York City. By middle school, though, her parents' Pakistani culture had become uncool. "I wanted to fit in so bad," Ahmed says. For her, that meant trying to be white. She dyed her hair blond, got hazel contact lenses and complained, "I'm going to smell," when her mom served fragrant dishes like lamb biryani for dinner. But at Villanova University in Philadelphia, Ahmed found friends from all different backgrounds who welcomed diversity and helped her, she says, become "a good balance of East meets West." Now 23, she and her non-Asian roommates threw a party to mark the Islamic holiday Id al-Fitr in November, then threw another for Christmas—which her family never celebrated. "I chose to embrace both holidays instead of segregating myself to one," she says.

Asian Americans say part of the reason it is so hard to reach an equilibrium is that they are seen as what sociologists call "forever foreigners." Their looks lead to a lifetime of

FOR KIDS—WHO BY NATURE DESPERATELY WANT TO BELONG—THE FEELING OF



GRACE CHANG LUCARELLI, 32 **Heritage Taiwanese**
Hometown Terrell, Texas

Lucarelli hopes that the daughter she is expecting next month with husband Joe, who is white, will embrace both sides of her heritage

ROB RAGASA, 31 **Heritage Filipino**
Hometown Englewood Cliffs, N.J.

Having had no Asian role models growing up, Ragasa says he is proud to be an example to the kids he teaches at his New Jersey high school



questions like "No, where are you *really* from?" As a teenager in the affluent and overwhelmingly white Chicago suburb of Riverwoods, Ill., Vanessa DeGuia, now 26, endured incident after incident that made her aware that others regarded her as foreign, despite how her birth certificate read. One classmate told her, "You're my brown friend. You're so exotic." Another came over for dinner, took a bite of a Filipino egg roll made by Vanessa's mom, spat it out and asked if it was made of dog. "I never felt like I belonged," DeGuia says. "Though I was born in this country and English was my first language, I was always seen as a foreigner."

FOR KIDS—WHO BY NATURE DESPERATELY want to belong—the feeling of alienation can be so painful that they will do almost anything to make it go away, to fit in. For years, Mark Hong, 31, shunned the only other Asian kid he knew in Davenport, Iowa, and hung out with the popular—and other than him, entirely white—crowd at school: the jocks. "I repelled anything that was Asian because it represented everything that was not cool at the time. Asians did kung fu and worked at Asian restaurants," he explains. That his Korean-born dad was actually an engineer at Caterpillar had no

effect on Hong's teenage mind, which was focused on one goal: "I wanted to be cool."

Racial alienation and ethnic mockery are commonplace in the immigrant-kid experience, and the stories these Asian Americans tell of their childhood are "the same kind of talk about social exclusion that you might have found among Italians and Jews in the 1930s," says Harvard sociologist Mary Waters. But previous generations of immigrants' kids, including those Italians and Jews, lived in neighborhoods with built-in social support structures—people who looked like them, ate like them, prayed like them. They had what Marissa Dagdagian, 28, a daughter of Filipino-born doctors, who grew up in Burr Ridge, Ill., says she did not—"people like me that I could corroborate with."

Many children of the Asian immigrants who came over in the 1960s and 1970s say they didn't find that kind of self-affirmation until, like Fareha Ahmed, they got to college. Raymond Yang was one of only three Asians in a class of 420 at his high school in East Northport, N.Y. "I always felt like I was between worlds, especially in high school," says Yang, 28, whose parents are Chinese. That interim place felt like his and his alone—until he got to Brown University. When Yang was a freshman in 1995, there were 854 other Asian Americans enrolled—a full 15% of the

undergraduate student body. "It was sort of culture shock. I had never met kids like me," he says. "We all grew up feeling the tension between trying to be Asian and trying to be American. We really bonded over the idiosyncrasies of being between two cultures." During his senior year, he roomed with five other Chinese Americans, and his close friends included children of Japanese, Thai, Filipino, Indian and Korean immigrants.

The social awakening often kindles a cultural one. Once in the return part of the curve, many Asian Americans go from downplaying their differences to highlighting them. In fourth grade, Akira Heshiki, who grew up in Anchorage, Alaska, dropped out of the Japanese-language school she attended each Saturday because she didn't feel Japanese. Instead she treasured the moments when her high school classmates told her, "I always forget you're Japanese." But once at Oregon's Reed College, where more than 10% of the students were Asian American, she began to embrace her heritage. She started the Asian student union with two classmates. Its members discussed what it meant to be Asian American, organized anti-sweatshop protests and supplied books on diversity issues, which they felt were lacking from Reed's library. Heshiki even dropped the English name her parents had given her—May—in favor of her middle name,

NATION CAN BE SO PAINFUL THAT THEY WILL DO ALMOST ANYTHING TO FIT IN

which is Japanese for *bright*. "I started using it because I wanted people meeting me to have to—for one minute—struggle or acknowledge I was a little different," says Heshiki, 31, now a lawyer in Portland, Ore.

Grayce Liu's cultural renaissance began when she read Amy Tan's *The Joy Luck Club*, a novel that parses the complex relationships of Chinese mothers and daughters. Growing up in Rancho Palos Verdes, Calif., Liu dated only white boys. She hated speaking Mandarin, the language her parents used at home. She added a *y* to her name and changed the pronunciation to *Gray-see* to distinguish herself from two other Asians at school named Grace. "I didn't want to be like other Asians," she recalls. But *The Joy Luck Club* turned her into a "born-again Asian." It gave her new insights into why her mom was so hard on her and why the ways she showed love—say, through food—were different from those of the families Liu saw on TV, who seemed to say "I love you" all day long. Liu even signed up for Mandarin and Chinese-history courses at the University of California at Santa Cruz. Today she is an actor and producer, and her latest project is a kids' TV show called *Bakaboo*. Its goal: to teach Mandarin to American-born Chinese.

SEEING THEIR CHILDREN embrace their heritage is important for the parents who withstood years of youthful rebellion and implied shame. "I was very moved by Grace's efforts," says Grayce Liu's mother Sue, who still calls her daughter by her given name. "She was finally appreciative of all the things I tried to do for her." The hardship these parents and kids have in reaching that kind of understanding reflects more than just the usual generational divide. There is also a cultural crevasse larger than that faced by immigrants' kids whose families at least share a Western civilization that makes American customs little less alien. Sam Chang's Korean parents were horrified when he got involved in student government at his high school in Phoenix, Ariz. They viewed his extracurricular activities as frivolous diversions from the main goal of his getting into a top college. "When I came home freshman year as president, they had no idea what that meant," says Chang, now 26 and a law student at the University of Arizona. It took congratulations from other



NIDHI KHURANA, 25 **Heritage Indian**
Hometown Poughkeepsie, N.Y.

After finding no therapist who understood her bicultural youth, she is pursuing a career in clinical psychology



MONA RAHMAN, 24 **Heritage Bangladeshi**
Hometown Blacksburg, Va.

Rahman and her parents fought over "American" customs like dating and going to the prom

parents for them to appreciate their son's coronation as homecoming king his senior year. "They just wanted me to finish school and go to Harvard," Chang says.

Jhumpa Lahiri, author of *The Namesake*, a novel about Indian immigrants and their U.S.-born son, has observed the struggles of Asian Americans like Chang up close. "Asian kids are not just choosing a different way of doing things," she says. "They're choosing an entirely different [cultural] vocabulary. They're dealing with oil and water." Nowhere is that incompatibility more deeply felt than in romance. Most Asian-immigrant parents encourage their children to find partners of the same ethnicity, and many of the kids see the advantages of doing so. As June Kim, a Korean-American copywriter in Philadelphia who is engaged to another Korean American, Shane Kim, sees it, "there are certain things you don't have to explain—cultural nuances, how our families

work, our roles within our families." Yet 40% of Asian Americans ages 25 to 34 marry people of other ethnicities, compared with 12% of African Americans in the same age group. Both Grace Chang Lucarelli and her sister married white men. Although their Taiwanese parents weren't pleased at first, Lucarelli says they understood the odds. "They took us to Texas," she says, of her upbringing in the small town of Terrell. "What did they expect?"

Nidhi Khurana, 25, has dated Indian Americans, but for the past three years, she has been seeing an African-American man. "It definitely caused a rift with my parents," she says. "They were very confused." Her father Sunil, a gastroenterologist who came to the U.S. in 1977, admits that accepting the interracial romance "was hard. We are very active in the Indian community, [and] everybody watches you. Also, you grow up in a certain culture, and you expect that to continue."

Of course, such tension is common to generations of immigrants. But Jack Tchen, director of Asian/Pacific/American Studies at N.Y.U., says these second-generation immigrants are beginning to find a middle ground and to "define a new modern form of Asian modernity, not necessarily the same as American modernity." That is what sociologists call identity building, and for the second generation, it is based not on a common ethnicity, faith or language (except English) but on shared experience.

Which is what the six around the New York City table are discovering. For nearly three hours, they tell stories about their families, their work, their heartaches, their joys. They discuss their Asian identities and American habits. And they confess how hard it has been to walk an often lonely path. Says Mopish Joarder, 27, an Indian-American computer programmer from Spring Valley, N.Y., "I've never felt like there were people I could talk freely to about this stuff."

The talk about themselves provides some insights about their parents too. Rob Ragasa, 31, a Filipino-American high school teacher raised in New Jersey, reflects on how his parents—conservative as they always seemed to him—had to be pretty daring to immigrate. "They had to come here and struggle. They had to be the first," he says, then pauses for a moment. "Maybe we are like our parents," he adds finally. "We are going to be pioneers too." And maybe they already are. —With reporting by Amanda Bower/San Francisco and Kristin Klobertanz/Chicago



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The Wall Street Journal,
November 10, 2005
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HOW TO TUNE UP YOUR BRAIN

In a special report, TIME explores the latest research on how to stay mentally sharp. In a complex world, it's news we all need

**INSIDE
THIS
SECTION**



**STAYING ON
TRACK
CURES FOR
MULTITASKING
MANIA**

**SECRETS OF
CREATIVITY
AN EXPERT
SHATTERS SOME
FAMILIAR MYTHS**

**THE MIND
AT MIDLIFE
WHY IT ISN'T
ALL DOWNTURN
AFTER 40**

**PREVENTING
ALZHEIMER'S
HOW EXERCISE,
DIET AND GAMES
MAY HELP**

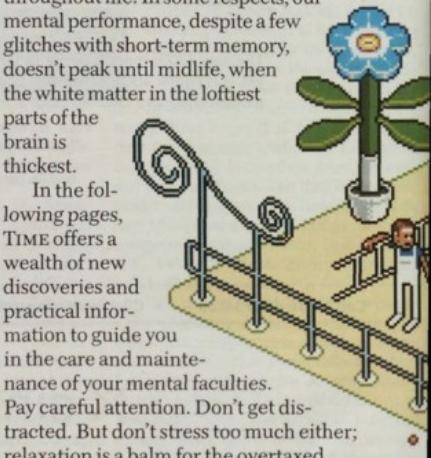
WE LIVE IN AN AGE THAT'S GUSHING WITH information and dizzying possibilities. You can almost feel your brain cells crackling to keep up with the choices—trivial and profound—that confront us at every turn: picking a cell-phone plan or an on-demand movie, selecting the best mix of investments in a 401(k) or the right health plan or just knowing which eggs to buy at the supermarket. (Cage free? Organic? Omega-3 enriched?) Surely there has never been a greater need to stay alert and informed, to act shrewdly and remain focused.

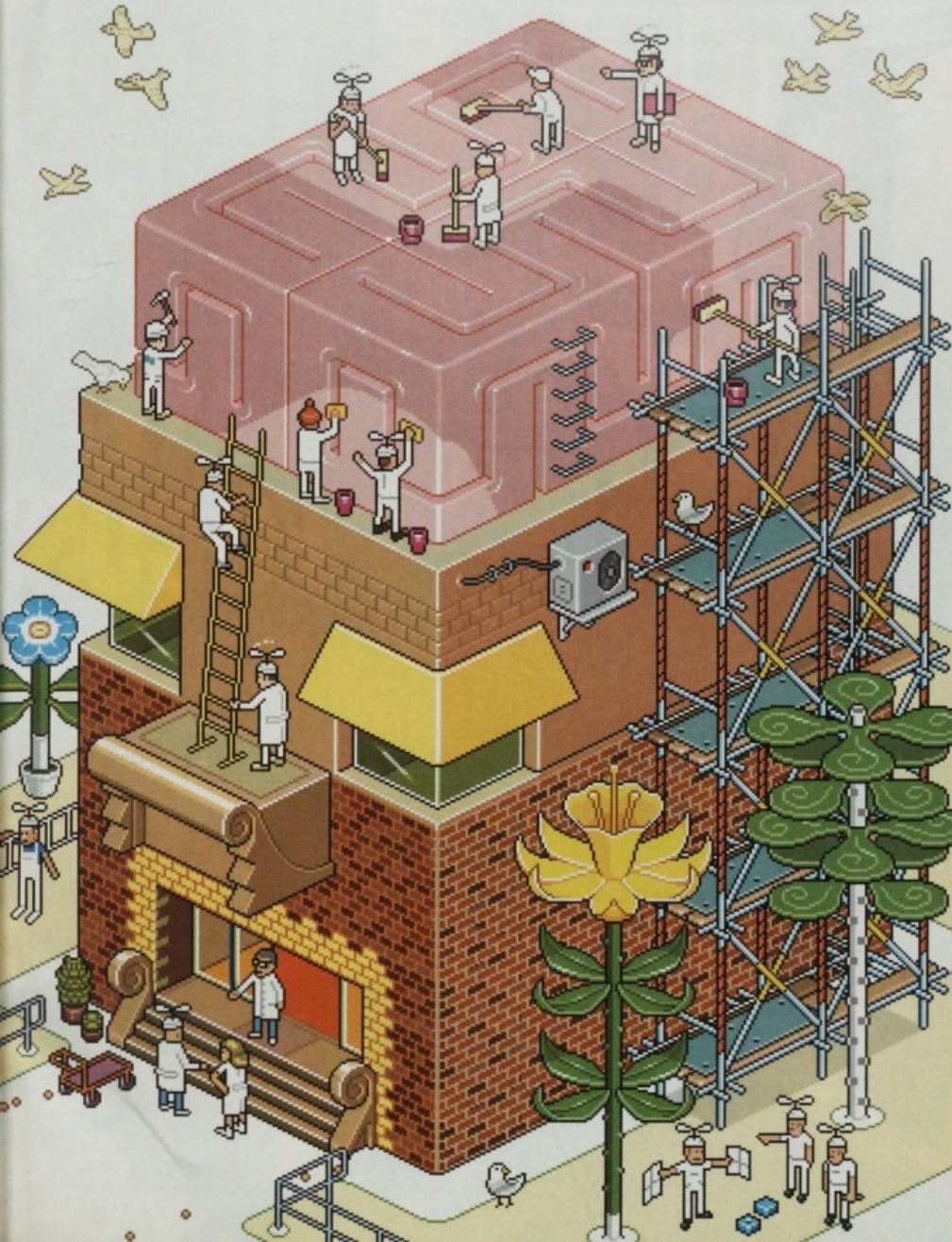
Luckily, we also live in an era in which research is showing us how to nurture and maintain our mental faculties—from infancy through the golden years—and how to deter what was once seen as an inevitable decline. Some new findings confirm what we have always suspected: Grandma was right—fish really is brain food; a steaming cup of joe actually does turbocharge our mental acuity; getting less than eight hours of sleep seriously compromises our ability to concentrate and solve problems.

But some findings are unexpected, even counterintuitive. Creativity, for instance, rarely strikes in a flash but more typically results from steady cogitation. Multitasking, for all its seeming efficiency, can exact a heavy toll on the quality of our

output. Daily meditation physically transforms the cerebral cortex. Physical exercise may be as important as mental gymnastics in keeping Alzheimer's disease at bay. Baby Einstein-type videos make a poor substitute for human interaction in stimulating a tender young mind. And perhaps the most unexpected and comforting, recent research confirms that the human brain retains an astonishing degree of plasticity and capacity for learning throughout life. In some respects, our mental performance, despite a few glitches with short-term memory, doesn't peak until midlife, when the white matter in the loftiest parts of the brain is thickest.

In the following pages, TIME offers a wealth of new discoveries and practical information to guide you in the care and maintenance of your mental faculties. Pay careful attention. Don't get distracted. But don't stress too much either; relaxation is a balm for the overtaxed brain. —By Claudia Wallis



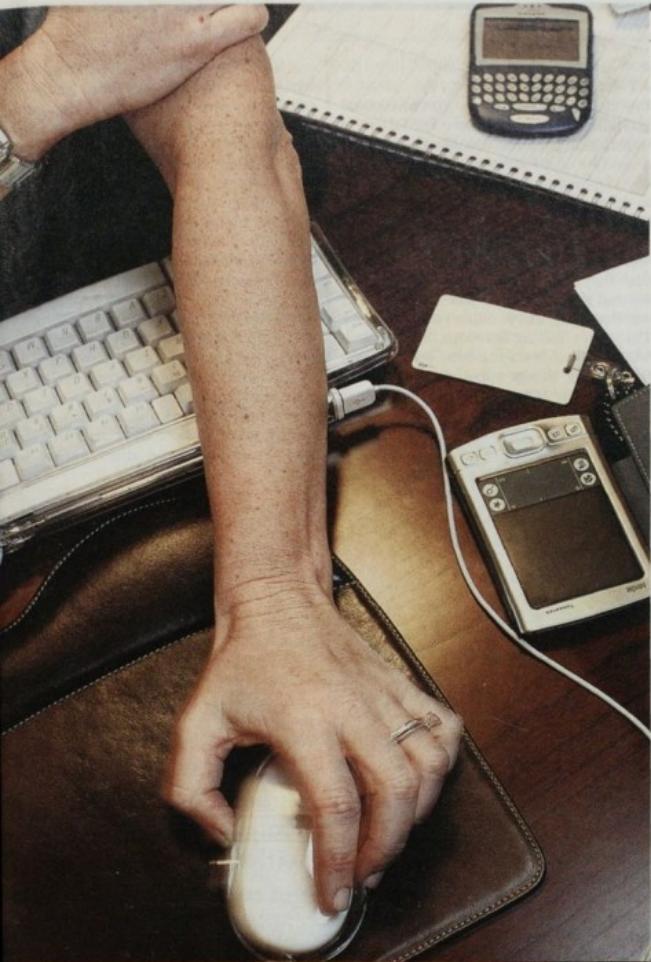


HELP! I'VE LOST MY FOCUS



A DAY'S WORK
Film producer Klein
is constantly
juggling projects
and devices in the
office, on the go,
even in the elevator





E-mail and cellphones help us multitask, but they also drive us to distraction. How to take control and get more done

By CLAUDIA WALLIS
and SONJA STEPTOE

SPEND A FEW HOURS WITH HOLLYWOOD producer Jennifer Klein, and you might want to pop a Valium. Or slip her one. From the moment she rises at 7 a.m. in the Sunset Boulevard home she shares with her husband, she's a fidgety, demanding, chattering whirling dervish of a task juggler. Right now Klein, 41, whose credits include *Pearl Harbor* and *Armageddon*, has 15 film and TV projects in development—all of them requiring constant nudging and nurture. Her strategy for managing that and several overflowing In boxes: never do just two things at once if you can possibly do four or five.

"I'm an obsessive and addicted multi-tasker and gadget user," Klein cheerily concedes. A typical moment at her office finds Klein reviewing a screenplay by phone with its writers and jotting notes while glancing at an incoming e-mail on her BlackBerry, motioning signals to her assistant and firing off an instant message to a studio exec. "Here's how bad it is," she confesses. "When I'm flying, right before the plane lands, before the seat-belt sign goes on, I get the BlackBerry out and put it in front of me in the seat-back compartment. That way I can turn it on as soon as I land and see that little light flashing."

Actually, it gets worse than that for a woman known to do her daily sit-ups during a conference call. "While I'm driving, I've got the cell phone out. I'm drinking a cup of coffee, checking the Palm Pilot for the number and then calling," boasts Klein. Yup, got that all done while stuck in traffic.

Like many other modern workers, Klein takes pride in being a master multitasker, zipping through her daily to-do list: "I see the red lights go on or hear the beep, and I love it." But she has noticed some drawbacks and even some side effects: impatience, irritability and (gasp) some inefficiency. "Sometimes when e-mail goes down, I'm actually more productive, because I can concentrate on something," she says. She

finds herself angry and snappish when callers make poor use of her endless availability. Although she feels anxious when her In box is empty, she feels no better when it's full: "When I wake up in the morning and have 15 e-mails, I get a nervous stomach."

Klein's action- and anxiety-packed work style may be extreme, but she's really only a couple of juggling pins ahead of most of us. By now every modern office worker—from the mail-room clerk to the CEO—knows that the gadgets designed to lighten our loads also ensnare us. And the dinging digital devices that allow us to connect and communicate so readily also disrupt our work, our thoughts and what little is left of our private lives.

AN EPIDEMIC OF ATTENTION DEFICIT

DR. EDWARD HALLOWELL, A PSYCHIATRIST in Sudbury, Mass., has seen the fallout of multitasking mania: it walks through his door five days a week. Over the past decade, he says, he has seen a tenfold rise in the number of patients showing up with symptoms that closely resemble those of attention-deficit disorder (ADD), but of a work-induced variety. "They complained that they were more irritable than they wanted to be," he says. "Their productivity was declining. They couldn't get organized. They were making decisions in black-and-white, shoot-from-the-hip ways rather than giving things adequate thought, all because they felt pressured to get things

and work harder and stay later at the office, which only makes it worse because they're not taking care of their brain by getting enough sleep." How common is this phenomenon? "It's rampant," says Hallowell, who believes that corporate downsizing and job insecurity contribute to the problem. "When I give lectures around the country, there's always instant identification with what I'm saying. People in the audience immediately say, 'Oh, yes, that's me,' or, 'My whole office is like that.'"

THE HIGH COST OF INTERRUPTIONS

IT'S NO WONDER SO MANY OF US SUCUMB to the panicky feeling that we can't keep pace with workplace demands. A series of new studies that examined the modern, multitasking worker show that the constant splintering and diversion of our

A Multitasker's Glossary

Just as the arrival of automobiles ultimately brought us words like rubbernecking, gridlock and road rage, the information age demands new terms for the behavior it induces. So says psychiatrist Edward Hallowell in a forthcoming book, *CrazyBusy: Overstretched, Overbooked and About to Snap—Strategies for Coping in a World Gone ADD* (Ballantine Books; 246 pages). Here's a sampler of Hallowell's new words for new times:

What sort of toll is all this disruption and mental channel switching taking on our ability to think clearly, work effectively and function as healthy human beings? Do the devices that make it possible to do so many things at once truly raise our productivity or merely help us spin our wheels faster? Over the past five years, psychologists, efficiency experts and information-technology researchers have begun to explore those questions in detail. They have begun to calculate the pluses, the minuses and the economic costs of the interrupted life—in dollars, productivity and dysfunction. More important, they're exploring what can be done about it—how we can work smarter, live smarter and put our beloved gadgets back in their proper place, with us running *them*, not the other way around.

done quickly." But Hallowell, an ADD expert and co-author of several best-selling books on the subject, including 1994's *Driven to Distraction*, noticed something different about his new cases. Unlike patients with typical ADD, which persists no matter the setting, the new patients felt frantic only in certain situations—mainly in the workplace or, for at-home moms, while managing the home front.

In a *Harvard Business Review* article last January, Hallowell gave the condition a name: attention-deficit trait, or ADT. He explains that ADT takes hold when we get so overloaded with incoming messages and competing tasks that we are unable to prioritize. The result is not only distractibility, impulsiveness and haste but also feelings of guilt and inadequacy. "People think it's their fault that they're falling behind," he says. "They think they have to sleep less

screen sucking

Wasting time online long after you have finished what you signed on to do. Example: "I'd be done with that job if I hadn't got caught up screen sucking."

attention wastes time and money. In a study of 1,000 office workers from top managers on down, Basex, an information-technology research firm in New York City, found that interruptions now consume an average of 2.1 hours a day, or 28% of the workday. The two hours of lost productivity included not only unimportant interruptions and distractions but also the recovery time associated with getting back on task, according to a Basex report titled "The Cost of Not Paying Attention," released in September. Estimating an average salary of \$21 an hour for "knowledge workers"

those who perform tasks involving information—Basex calculated that workplace interruptions cost the U.S. economy \$588 billion a year.

In a revealing set of studies, a team led by Gloria Mark and Victor Gonzalez of the University of California at Irvine tracked 36 office workers—in this case information-technology workers at an investment firm—and recorded how they spent their time, minute by minute. The researchers found that the employees devoted an average of just 11 minutes to a project before the ping of an e-mail, the ring of the phone or a knock

An interruption when work has just got under way “blows away the goals you’ve established,” says Czerwinski, while a ping or a knock at the end of the process “breaks the train of thought as people are reflecting and preparing for what they’ll do next.”

While the researchers did not look specifically at the quality of the work, a long history of psychological research has proved what one might expect: performance declines—and stress rises—with the number of tasks juggled. Similarly, there’s a long-held principle in psychology that maintains that a little stimulation or arousal improves performance but too much causes it to decline. “If you apply that law to multitasking,” says Mark, “you would expect that a certain amount of multitasking would increase arousal, perhaps leading to greater efficiency. But too much will produce declining performance.”

said they kept cell phones and iPods off or away when in transit so that they could use the downtime for thinking. Personal-finance guru Suze Orman, despite an exhausting array of media and entrepreneurial commitments, utterly refuses to check messages, answer her phone or allow anything else to come between her and whatever she’s working on. “I do one thing at a time,” she says. “I do it well, and then I move on” (see box).

IS IT AN ADDICTION?

WHAT’S STRIKING TO RESEARCHERS IS HOW few people take even the most basic steps to reduce workplace interruption. In the Basex study, 55% of workers surveyed

frazzling

Frantic, ineffective multitasking, typically with the delusion that you are getting a lot done. The quality of the work, however, is poor

on the cubicle pulled them in another direction. Once they were interrupted, it took, on average, a stunning 25 minutes to return to the original task—if they managed to do so at all that day. The workers in the study were juggling an average of 12 projects apiece—a situation one subject described as “constant, multitasking craziness.” The five biggest causes of interruption in descending order, according to Mark: a colleague stopping by, the worker being called away from the desk (or leaving voluntarily), the arrival of new e-mail, the worker switching to another task on the computer and a phone call.

Of course, not all interruptions are created equal. Some are related to the job at hand and may be helpful—if not to the individual, then maybe to the team. Some are unrelated but nonetheless welcome: the Basex report found that 62% of workers at all levels said being interrupted by a friend with a nonbusiness-related question was “acceptable” (though the boss might take a different view). Several studies, including one by Mary Czerwinski, a senior researcher at Microsoft, show that interruptions at the beginning and the end of a task are the most detrimental to performance.

pizzled

How you feel when someone you’re with pulls out a cell phone or BlackBerry and uses it without an explanation or apology. A cross between *p_____ off* and *puzzled*

Jonathan Spira, CEO and chief analyst at Basex, suspects that so-called NetGeners—who grew up IMing, Googling and texting—are less stressed by gadget-abetted multitasking than are older workers. “Younger people may actually be wired a little differently,” he says. But, he adds, there’s no getting away from the fact that to do your best work on difficult tasks, “sometimes you need to shut everything else out and focus.”

Some of the world’s most creative and productive individuals simply refuse to subject their brains to excess data streams. When a *New York Times* reporter interviewed several recent winners of MacArthur “genius” grants, a striking number

doomdart

The internal distraction of a forgotten task that pops into your mind when you are doing something else. A side effect of frazzling

ADAPTED WITH PERMISSION FROM BALLANTINE BOOKS, AN IMPRINT OF THE RANDOM HOUSE PUBLISHING GROUP, A DIVISION OF RANDOM HOUSE, INC. TO BE PUBLISHED IN APRIL 2006

said they open e-mail immediately or shortly after it arrives, no matter how busy they are. “Most people don’t even think about turning off the dinger,” says Spira, who turned off the alert sound on his e-mail nine years ago with no regrets. “We can’t control ourselves when it comes to limiting technological intrusions.”

Indeed, there’s a compulsive quality to our relationships with digital devices. Hallowell has noticed that when a plane lands nowadays, BlackBerrys light up the way cigarettes once did. “A patient asked me,” he says, “whether I thought it was abnormal that her husband brings the BlackBerry to bed and lays it next to them while they make love.” Hallowell and his frequent collaborator, Harvard psychiatrist John Ratey, believe that the neurochemistry of addiction may underlie our compulsive use of cell phones, computers and

"CrackBerrys." They say that dopamine, a neurotransmitter involved in seeking rewards and stimulation, is doubtless at work. "If we could measure it as we're shifting [attention] from one thing to another," says Ratey, "we would probably find that the brain is pumping out little shots of dopamine to give us a buzz." Psychologists call the increasingly common addiction to Web-based activity "online compulsive disorder." Hallowell has a more descriptive term: screen sucking. "These screens have a magnetism we haven't quite figured out."

TAKING CONTROL

CAN THE TECHNOLOGY THAT'S OVERLOADING our circuits help address the problems it has created? Czerwinski and her bosses at Microsoft think so. She's helping design an intelligent office-communication system that calculates whether an interrupting e-mail or IM should be transmitted immediately or delayed on the basis of, among other factors, the worker's appointments and projects that day, his past preferences and habits and the organizational-chart relationship between sender and receiver. "Something like this has got to happen sooner or later," says Czerwinski, though she acknowledges that it raises privacy issues. The alternative is to turn off the IMs, phones and e-mail—if management allows it. "I've observed some people who did that, and they were highly productive," says Czerwinski, "but they also missed some very important e-mails. I don't think most people will be willing to do that."

Czerwinski has also been helping Microsoft design alternatives to current software products to allow workers to stay on task for longer periods, even as onscreen interruptions arrive. In next-generation systems, which Microsoft's competitors are pursuing as well, interruptions are designed to be less intrusive—nothing flashes, pops up or makes a noise—and the alerts appear on the periphery of a screen that's larger than today's standards so that workers stay centered on their main task. The key, she says, is for an incoming message to provide just enough information for the worker to judge whether to grab it or ignore it until later. "We found that it's more calming to give them subtle alerts that aren't intrusive and which, should you glance at them, let you know whether you need to worry," she says.

U.C. Irvine's Mark also thinks improved technology will help, but she points to low-tech solutions as well. Some compa-

LET ME FINISH!
Financial adviser
Suze Orman refuses
to be interrupted
while on task



The Case for Doing One Thing at a Time

Surely anyone with fingers in as many pies as Suze Orman—personal-finance guru, best-selling author, columnist, businesswoman and TV personality—must be a master multitasker, right?

Wrong, way wrong. "I, more than anybody I've ever met, do not believe in multitasking," says Orman, 54. "I think it's the absolute ruination of the perfection of a project."

Orman, who has earned millions dispensing financial advice on her weekly CNBC show, on PBS specials, in *O, the Oprah Magazine* and via her books and kits on money matters, prides herself on her ability to focus on one thing at a time and stick tightly to her agenda. "I came to this conclusion after watching the way racehorses win," she explains. "They come out of the gate with blinders on and go for the finish line." Orman does the same. "I don't care what my competition is doing. I don't care how their books are selling. All I care about is what I do, and I do absolutely nothing else while I am doing it."

Sure, Orman has the usual battery of electronic devices—in fact, she runs a paperless office but has strict rules for using her gadgets. "When I am writing, I don't answer phones. I don't care what else is going on," she says. She has a cell phone but never leaves it on. "You can't call me, I only call you. I think you have to stop thinking you are at everyone else's beck and call." Silence, she adds, is critical. "You cannot complete your thoughts with everything ringing."

Orman, who has neither a husband nor children to distract her, takes single-mindedness to an almost unimaginable extreme. "When I'm on a plane on the way to a speaking engagement, you cannot talk to me about another project. All I'm doing is thinking about that speech. That way, when I get there, everything is very clear." On a recent 14-day world tour, she says, she didn't pick up a single e-mail or voice message: "Then, bam, it was done, and now that I'm back, I have picked up with what I need to do."

The remarkable thing is that Orman is a one-woman show. She has no assistant, no permanent employees. "I'm the one who answers every one of my e-mails," she says. (Usually with a terse yes, no or "done.") When she hires people to work on a project, she insists they clear their schedules of other jobs: "I'm not saying they can't multitask, just not on my time," she explains. "The people who multitask, I think, do everything to mediocrity at best. While they are getting a lot done, they are getting it done in such an inefficient way that they usually have to do it again." Orman says she never misses a deadline or needs a do-over. "Once I've written an article, it is done."

Orman admits her unstinting focus isn't easy on friends. "They say, 'Oh, she's just being OCD again.'" But the finance queen makes no apologies: "It just works for me." And how.

—Claudia Wallis and Sonja Steptoe

VYTORIN treats the 2 sources of cholesterol.

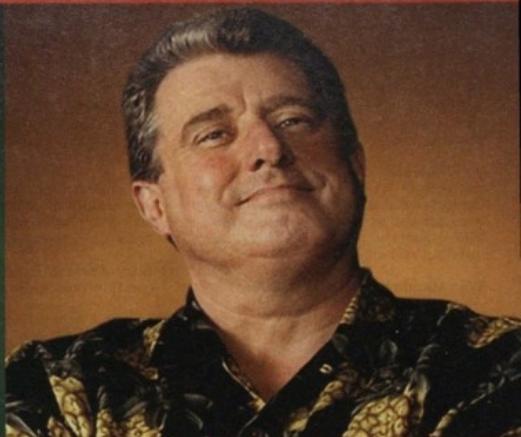


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(ezetimibe/simvastatin)

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MAKING THE MOST OF YOUR DAY...

Whether you tend to work late or wake early, learning to pay attention to your own mental clock can help you make better use of your time. Here's how to get started

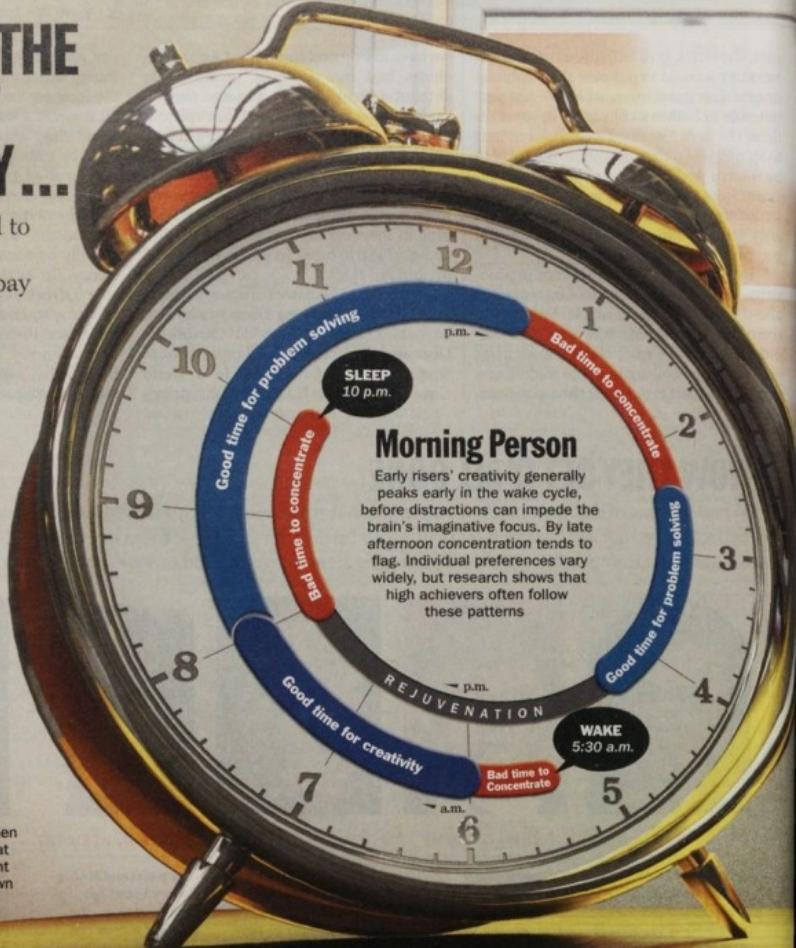
CRITICAL HOURS

1:30 p.m.

Schedule routine tasks rather than crucial work at this hour to avoid errors when your body's temperature dips and your mind settles into its afternoon lull

5 p.m.

Exercising at this time of day risks fewer injuries than first thing in the morning, when hand-eye coordination isn't at its peak, and leaves sufficient time for the body to cool down before bed



Hourly Key

LOW CONCENTRATION During these periods, characterized by mental lulls, the body's biological clock shifts from one stage of focused activity to another

CREATIVITY Before the brain is flooded with the day's stimuli, this morning interval serves as an ideal window for brainstorming and open-ended thinking

Weekly Planning

We each have our own personal brain clock, but mental rhythms affect everyone's performance

MONDAY

9 A.M. Consider an alternate time for appointments. Chronobiology experts say some doctors and other professionals may not be at their sharpest at the start of the workweek, having slept in on the weekend



TUESDAY

6 P.M. Great time to eat out. Given that many chefs take Monday off, they're at their freshest and most creative on Tuesday nights. A bonus: fewer tourists dine out midweek, so there's less crowding



WEDNESDAY

1:30 P.M. Ideal time for a midweek nap. Research shows that 90 min. of rest completes a full sleep cycle. If you're short on time, try 20 min. of shut-eye for a quick mental recharge



... AND BEST USE OF THE NIGHT

Many of us are either morning people or night owls, but most individuals shift at times from one category to the other or embody some characteristics of both.

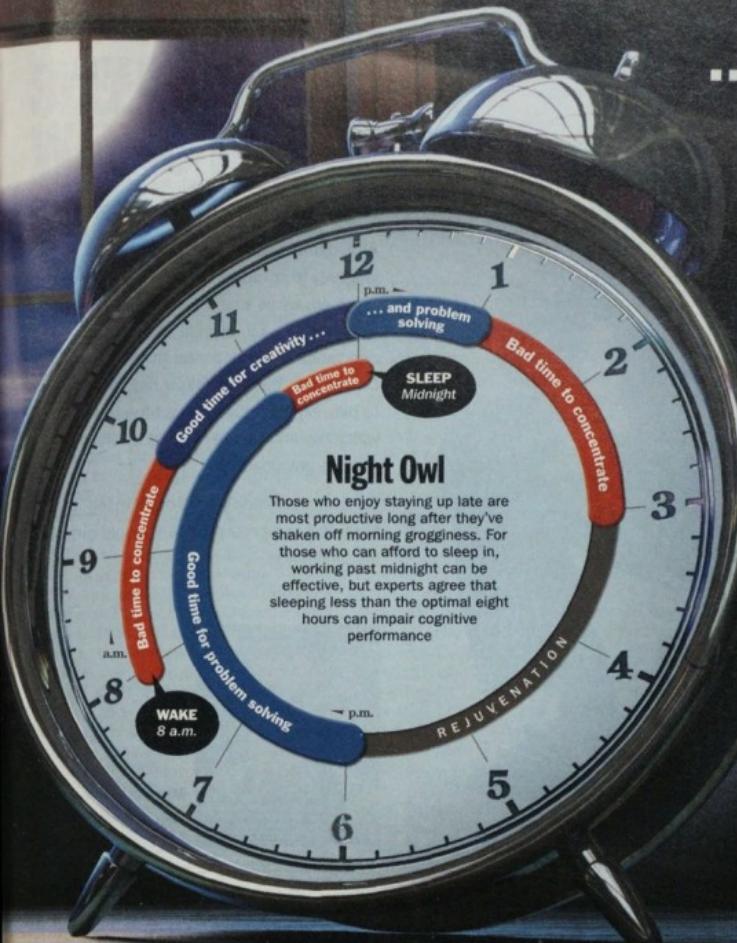
CRITICAL HOURS

9 a.m.

People who enjoy staying up late often skip breakfast in their groggy morning rush. But research shows it provides the day's most vital brain food.

Midnight

Avoid late-night snacks and alcohol, since digestion prevents quality rest. If you start work early, opt for quiet relaxation at this hour to prepare for restorative sleep.



PROBLEM SOLVING When the brain is warmed up, alert and highly active, concentration is at its peak for activities ranging from analysis to memorization

REJUVENATION To stay sharp, experts suggest refreshing the mind with daily exercise and brain-building activities like reading, artistic exploration and puzzle solving

Sources: Martin Moore-Ede, Circadian Technologies; Michael Smolensky, Chronobiology International; Michael Hewitt, Canyon Ranch Health Resort; *The Best Time to Do Everything*, by Michael Kaplan

THURSDAY

8 A.M. Good time for morning meditation or prayer. In the early morning you wake with a clear mind, uncluttered by the complexity and stress of the day. Late in the week, mind clearing is particularly helpful



FRIDAY

10 A.M. Best time to buy fresh fish, which can be excellent brain food. Fish deliveries tend to arrive twice a week; fish for the weekend rush is often stocked Friday morning.



SATURDAY

9 A.M. Waking each day at the same time is ideal, but if you need extra rest, sleep late on Saturday rather than Sunday. That way the work week won't start with Monday-morning blues.



SUNDAY

1 P.M. Tough time for football players from the West Coast to face East Coast opponents. Athletes try to adjust, but 10 a.m. Pacific time may arrive before hand-eye coordination peaks.



TIME Graphic by Lon Tweten. Text by Jeremy Caplan

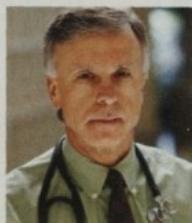


**THANKS TO DR. JERMAN,
THIS GRANDPA CAN STILL
COME OUT TO PLAY.**

He had his first heart attack at 79. But thanks to Dr. Jerman, he's still playing with his granddaughter at 92.

Although it's easy to attribute patient longevity to advances in medical science, those advances would be nothing without Dr. Jerman's skill, diligent observation and dedication to his patients. In the care of Dr. Jerman, this spry fellow has more time to play expert bridge, more time to go bird watching, and more time to goof around with his granddaughter.

Dr. Jerman wouldn't consider himself a hero. But to a certain three-year-old girl, he definitely is.



Michael Jerman, MD
Cardiologist
AMA member

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SLEEPING YOUR WAY TO THE TOP

Staying up late to get ahead? It might be more productive to get a good night's rest

By SORA SONG

AMERICANS ARE NOT RENOWNED FOR their powers of self-deprivation; doing without is not something we do particularly well. But experts say there is one necessity of life most of us consistently fail to get: a good night's sleep.

The recommended daily requirements should sound familiar: eight hours of sleep a night for adults and at least an hour more for adolescents. Yet 71% of American adults and 85% of teens do not get the suggested amount, to the detriment of body and mind. "Sleep is sort of like food," says Robert Stickgold, a cognitive neuroscientist at Harvard Medical School. But, he adds, there's one important difference: "You can be quite starved and still alive, and I think we appreciate how horrible that must be. But many of us live on the edge of sleep starvation and just accept it."

Part of the problem is we are so used to being chronically sleep deprived—and have become so adept at coping with that condition—that we no longer notice how exhausted we really are. In 2003, sleep expert David Dinges and colleagues at the University of Pennsylvania School of Medicine tested the effects of restricting slumber to eight, six or four hours a night for two weeks. During the first few days, subjects sleeping less than eight hours admitted to being fatigued and lacking alertness. But by Day 4, most people had adapted to their new baseline drowsiness and reported feeling fine—even as their cognitive performance continued to plummet.

Over time, the experiment's sleep-restricted subjects became so impaired that they had difficulty concentrating on even the simplest tasks, like pushing a button in response to a light. "The human brain is only capable of about 16 hours of wakefulness [a day]," says Dinges. "When you get beyond that, it can't function as efficiently, as accurately or as well."

In the real world, people overcome their somnolence—at least temporarily—by drinking coffee, taking a walk around the block or chatting with office mates. But

then they find themselves nodding off in meetings or, worse, behind the wheel. Those short snatches of unconsciousness are what researchers call microsleep, a sure sign of sleep deprivation. "If people are falling asleep because 'the room was hot' or 'the meeting was boring,' that's not coping with sleep loss. I would argue that they're eroding their productive capability," says Dinges.

What most people don't realize is that the purpose of sleep may be more to rest the mind than to rest the body. Indeed, most of the benefits of eight hours' sleep seem to accrue to the brain: sleep helps consolidate memory, improve judgment, promote learning and concentration, boost mood, speed reaction time and sharpen problem solving and accuracy. According to Sonia Ancoli-Israel, a psychologist at the University of California at San Diego who has done extensive studies in the aging population, lack of sleep may even mimic the symptoms of dementia. In recent preliminary findings, she was able to improve cognitive function in patients with mild to moderate Alzheimer's simply by treating their underlying sleep disorder. "The need for sleep does not change a lot with age," says Ancoli-Israel, but often because of disruptive illnesses and the medications used to treat them, "the ability to sleep does."

If you're one of the otherwise healthy yet perpetually underrested, there's plenty you can do to pay back your sleep debt. For starters, you can catch up on lost time. Take your mom's advice, and get to bed early. Turn off the TV half an hour sooner than usual. If you can't manage to snooze longer at night, try to squeeze in a midday nap. The best time for a siesta is between noon and 3 p.m., for about 30 to 60 minutes, according to Timothy Roehrs, director of research at the Sleep Disorders and Research Center at Henry Ford Hospital in Detroit. He advises against oversleeping on weekend mornings to make up for a workweek of deprivation; late rising can disrupt your circadian rhythm, making it even harder later to get a full night's rest.

According to Dinges' analy-

sis of data from the 2003 American Time Use Survey, the most common reason we short-change ourselves on sleep is work. (The second biggest reason, surprisingly, is that we spend too much time driving around in our cars.) But consider that in giving up two hours of bedtime to do more work, you're losing a quarter of your recommended nightly dose and gaining just 12% more time during the day. What if you could be 12% more productive instead? "You have to realize that if you get a good night's sleep, you will actually be more efficient and get more done the next day. The more you give up on sleep, the harder it is to be productive," says Ancoli-Israel. "What is it going to be?"

If mental sharpness is your goal, the answer is clear: stop depriving yourself, and get a good night's sleep. ■



THE PURPOSE OF SLEEP MAY BE MORE TO REST THE MIND THAN TO REST THE BODY

THE SURPRISING POWER OF THE AGING BRAIN

Scientists used to think intellectual power peaked at age 40. Now they know better

ACT III
Crook, left, and Strozier are writing their first musical in their seventh decade





By JEFFREY KLUGER

IT TOOK BARBARA HUSTEDT CROOK AN awfully long time to get around to writing her first musical. She started last year, shortly before her 60th birthday. Her friend and collaborator, Robert Strozier, waited even longer; he's 65. It's not that they didn't have the creative chops for the job. The two have spent their careers writing and editing in New York City, and Crook has a background in performing, singing and piano. But creating a musical always felt just out of reach—until now.

"Somehow I have a confidence I didn't have before," says Crook. "I find that my brain makes leaps it didn't make so easily. I can hear my inner voice and trust instincts and hunches in ways I didn't used to."

And, says Strozier, they're both a lot more willing to take chances than in the past. "At a certain age," he says, "you either get older or you get younger. If you get younger, you venture out and take risks."

Risk-taking seniors making daring mental leaps? That's not the stereotype. Indeed, until quite recently most researchers believed

COLLABORATORS

The team rehearses
at the Workshop
Theater Company
in New York City

the human brain followed a fairly predictable developmental arc. It started out protean, gained shape and intellectual muscle as it matured, and reached its peak of power and nimbleness by age 40. After that, the brain began a slow decline, clouding up little by little until, by age 60 or 70, it had lost much of its ability to retain new information and was fumbling with what it had. But that was all right because late-life crankiness had by then made us largely resistant to new ideas anyway.

That, as it turns out, is hokey. More and more, neurologists and psychologists are coming to the conclusion that the brain at midlife—a period increasingly defined as the years from 35 to 65 and even beyond—is a much more elastic, much more supple thing than anyone ever realized.

Far from slowly powering down, the brain as it ages begins bringing new cognitive systems on line and cross-indexing existing ones in ways it never did before. You may not pack so much raw data into memory as you could when you were cramming for college finals, and your short-term memory may not be what it was, but you manage information and parse meanings that were entirely beyond you when you were younger. What's more, your temperament changes to suit those new skills, growing more comfortable with ambiguity and less susceptible to frustration or irritation. Although inflexibility, confusion and even later-life dementia are very real problems, for many people the aging process not only does not batter the brain, it actually makes it better.

"In midlife," says UCLA neurologist George Bartzokis, "you're beginning to maximize the ability to use the entirety of the information in your brain on an everyday, ongoing, second-to-second basis. Biologically, that's what wisdom is."

If your mind does indeed grow more agile as you age, one of the things that may help it do so is the amount of glue you carry around in your brain—glia (Greek for glue) being what the 19th century German anatomists called it. Only about half the mass of the brain is composed of gray matter, or nerve cells; the rest is white matter, the connecting tissue that, in a sense, glues it all together. Much of that white matter is made of conductive nerve strands, and covering each fine wire is a fatty sheath of myelin that keeps nerve signals from sputtering out or cross firing during transmission. "Myelin is what makes us hu-



man," says Bartzokis. "We have 20% to 30% more than other primates do."

Throughout our lives, fresh layers of myelin sheathing are laid down in the brain. In infants and children, who grow increasingly coordinated as they mature, the bulk of that takes place in the motor and sensory lobes. If we acquire better reasoning skills in middle age, Bartzokis long suspected, it would follow that most of the myelin added in those years would appear around the signal-transmitting axons in the higher brain regions that are the seat of sophisticated thought. Essentially, the brain spends decades upgrading itself from a dial-up Internet to a high-speed version, not fully completing the job until age 45 or so.

To test that idea, Bartzokis used magnetic resonance imaging to study the volume and distribution of white matter in 300 healthy subjects from 18 to 75 years old as well as in hundreds of older people suffering from such brain-related ills as Alzheimer's and Parkinson's diseases. As he suspected, the healthy adults had the most myelin in the frontal and temporal lobes—where big thoughts live. The quantity of sheathing reached its peak around 45 or 50, exceeding the amount in unhealthy older subjects and healthy younger ones.

"This last little bit of myelination essentially puts us online," Bartzokis says. "You may not have the same amount of information you had when you were 20, but you can use it better in everyday life."

It's not just the wiring that charges up the brain as we age,



it's the way different regions start pulling together to make the whole organ work better than the sum of its parts. For all its plasticity, the brain is a specialized machine, with specific regions handling specific operations. The greatest divergence comes between the left and the right hemispheres, which often work almost independently of each other. That is not such a bad thing because one hemisphere can be busy writing a grocery list or solving an equation while the other scans the environment and tends to other basic chores. As we age, however, the walls between the hemispheres seem to fall, with the two halves working increasingly in tandem. Neuroscientist Roberto Cabeza of Duke University dubs that the HAROLD (hemispheric asymmetry reduction in older adults) model, and judging by his work, the phenomenon is a powerful one.

Cabeza recruited a sample group of adults 65 to 95 years old who had scored high on a memory test, along with a group of lower-performing adults of the same age and a group of younger, college-age adults. He then asked them all to perform a series of tasks that called on numerous



AS WE AGE, THE BRAIN'S HEMISPHERES WORK IN TANDEM, INTEGRATING THOUGHT PROCESSES



It's no accident that history's firebrands and ideologues are young, while its peacemakers, judges and great theologians are more mature



skills, including language, memory, perception and motor functions. Throughout the tasks, he conducted functional magnetic resonance imaging scans of their brains. Again and again, he found that the high-functioning older adults were using either a hemisphere different from the one the other subjects were using or both hemispheres at the same time.

Why that is so is still unclear, but Cabeza doesn't believe the brain is programmed to get stronger as it ages. Rather, he acknowledges, in many ways it gets weaker, with neurons processing information less efficiently. The bilateralization may be a trick the brain uses to compensate for the decline, sometimes integrating the hemispheres so efficiently that our thought

and reasoning processes are actually better than they were before.

"It's similar to the way you need both hands to lift a weight that you could lift with one hand when you were younger," Cabeza says. "In the brain, there's a nice, natural distribution of resources. You get more neural tissue to support the task."

As the brain's flexibility improves, so too may the temperament we bring to our work. There's no question that personalities can calcify with age, causing us to become less receptive to new experiences and flat-out crabby when faced with them. But that's not the case with everyone. In fact, in many people the opposite happens.

In 1958 psychologist Ravenna Helson, now an emeritus professor at the University

of California, Berkeley, began a long-term study of 142 women, all of them 21 years old, at Mills College in Oakland, Calif. She interviewed the subjects and took measures of their personalities, drives, relationship skills and the like. Then she reinterviewed them at ages 27, 43, 52 and 61 to determine how those traits changed over time. Just last year she and a graduate student, psychologist Christopher Soto, collated the data from the 123 women who stuck with the study. The results were surprising.

On the whole, they found, the women's highest scores in inductive reasoning occurred from their 40s to their early 60s. Similarly, their so-called affect optimization (the ability to highlight the better aspects of one's personality and restrain the less attractive ones) and their affect complexity (the ability to evaluate various contradictory ideas and remain objective) did not peak until their 50s or 60s. There was also an increased tolerance for ambiguity and an improved ability to manage relationships.

The Mills sample group was hardly random, consisting principally of white women of the same age who attended the same college. Still, they were 123 different individuals, and the results were nonetheless uniform. "People generally describe personality change in middle age as a midlife crisis, with all its negative connotations," says Soto. "In the Mills women, the change was positive—a reorienting, not a crisis."

If such a change occurs, says psychologist Robert Levenson, also at U.C. Berkeley, it may be shaped in part by evolutionary forces, offering advantages for the whole species. Human beings' comparatively long life spans and extended families are very good things, but keeping big broods healthy and well behaved over the decades takes more than the energy of young parents. It takes the cool heads and wise counsel of the family graybeards too. "Evolution isn't just about reproduction," Levenson says. "When you get into your 40s and 50s, you're caretaking, looking after your children, grandchildren, even the people who work for you. There's an advantage to having a more relativistic mind."

It's that talent for reflective thinking that explains the role older adults have always played in the human culture. It's not for nothing that history's firebrands and ideologues are typically young, while its judges and peacemakers and great theologians tend to be older. Not everyone achieves the sharp thought and serene mien that can come with age. But for those who do, the later years can be the best years they have ever had. —Reported by Dan Cray/Los Angeles

Car Wash

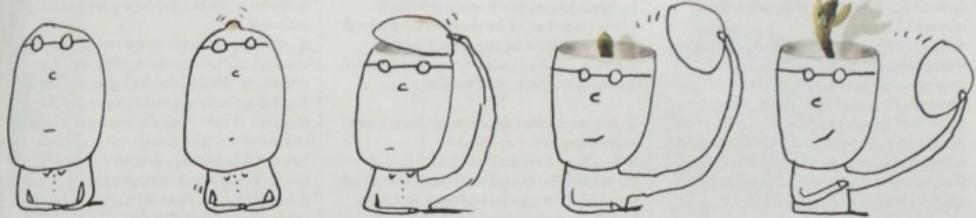


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THE HIDDEN SECRETS OF THE CREATIVE MIND

Innovation requires no special thought processes, says an expert. Creative people just work harder at it

WHAT IS CREATIVITY? WHERE DOES IT COME FROM? THE WORKINGS OF THE CREATIVE mind have been subjected to intense scrutiny over the past 25 years by an army of researchers in psychology, sociology, anthropology and neuroscience. But no one has a better overview of this mysterious mental process than Washington University psychologist R. Keith Sawyer, author of the new book *Explaining Creativity: The Science of Human Innovation* (Oxford; \$36 pages). He's working on a version for the lay reader, due out in 2007 from Basic Books. In an interview with Francine Russo, Sawyer shares some of his findings and suggests ways in which we can enhance our creativity not just in art, science or business but in everyday life.

Q. Has the new wave of research upended any of our popular notions about creativity?

A. Virtually all of them. Many people believe creativity comes in a sudden moment of insight and that this "magical" burst of an idea is a different mental process from our everyday thinking. But extensive research has shown that when you're creative, your brain is using the same mental building blocks you use every day—like when you figure out a way around a traffic jam.

Q. Then how do you explain the "aha!" moment we've all had in the shower or or anywhere but at work?

A. In creativity research, we refer to the three Bs—for the bathtub, the bed and the bus—places where ideas have famously and suddenly emerged. When we take time off from working on a problem, we change what we're doing and our context, and that can activate different areas of our brain. If the answer wasn't in the part of the brain we were using, it might be in another. If we're lucky, in the next context we may hear or see something that relates—distantly—to the problem that we had temporarily put aside.



Q. Can you give us an example of that?

A. In 1990 a team of NASA scientists was trying to fix the distorted lenses in the Hubble telescope, which was already in

orbit. An expert in optics suggested that tiny inversely distorted mirrors could correct the images, but nobody could figure out how to fit them into the hard-to-reach space inside. Then engineer Jim Crocker, taking a shower in a German hotel, noticed the European-style showerhead mounted on adjustable rods. He realized the Hubble's little mirrors could be extended into the telescope by mounting them on similar folding arms. And this flash was the key to fixing the problem.

Q. How have researchers studied this creative flash?

A. By using many cleverly designed experiments. Some psychologists set up video cameras to watch creative people work, asking them to describe their thought processes out loud or interrupting them frequently to ask how close they were to a solution. Invariably, they were closer than they realized. In other experiments, subjects worked on problems that, when solved, tend to result in the sensation of sudden insight. In one experiment, they were asked to look at words that came up one at a time on a computer screen and to think of the one word that was associated with all of them. After each word—red, nut, bowl, loom, cup, basket, jelly, fresh, cocktail, candy, pie, baking, salad, tree, fly, etc.—they had to give their best guess. Although many swore they had no idea until a sudden burst of insight at about the 12th word, their guesses got progressively closer to the solution: fruit. Even when an idea seems sudden, our minds have actually been working on it all along.

Q. Has brain imaging illuminated the creative process?

A. The first such study was done this year but was inconclusive. In the next five to 10 years, cognitive neuroscience will be able to tell us more.

Q. What has been learned from historical research?

A. Studying notebooks, manuscripts and historical records, we've dissected the creative process of people like the Wright brothers, Charles Darwin, T.S. Eliot, Jackson Pollock, even business innovators like Citigroup's John Reed. We find that creativity happens not with one brilliant flash but in a chain reaction of many tiny sparks while executing an idea.

Q. But isn't it the original creative flash that's critical?

A. Not at all. Take the first airplane. On Dec. 8, 1903, Samuel Pierpont Langley, a leading government-funded scientist, launched with much fanfare his flying machine on the Potomac. It plummeted into the river. Nine days later, Orville and Wilbur Wright got the first plane off the ground. Why did these bicycle mechanics succeed when a famous scientist failed? Because Langley hired other people to execute his concept. Studying the Wrights' diaries, you see that

insight and execution are inextricably woven together. Over years, as they solved problems like wing shape and wing warping, each adjustment involved a small spark of insight that led to others.

Q. Are there other generalizations you can make about creative people?

A. Yes. They have tons of ideas, many of them bad. The trick is to evaluate them and mercilessly purge the bad ones. But even bad ideas can be useful. Darwin's notebooks, for example, show us that he went down many dead ends—like his theory of monads. These were tiny hypothetical life forms that sprang spontaneously from inanimate matter. If they died, they took with them all the species into which they had evolved. Darwin spent years refining this bizarre theory before ultimately rejecting it. But it was a critical link in the chain that led to his branching model of evolution. Sometimes you don't know which sparks are important until later, but the more ideas you have, the better.

Q. So how can the average person get more ideas?

A. Ah, here's where we come up against another of our cultural myths about creativity—that of the lone genius. Ideas don't magically appear in a genius' head from nowhere. They always build on what came before. And collaboration is key. Look at what others in your field are doing. Brainstorm with people in different fields. Research and anecdotal evidence suggest that distant analogies lead to new ideas—like when a heart surgeon bounces things off an architect or a graphic designer.

Q. Can we become more creative by studying more than one field?

A. No one can be creative at everything. You have to work hard in your area, let's say music, and learn everything that's already been done. But multi-tasking on several music projects at once might foster unexpected connections and new ideas.

Q. Are great artists different from inventors and scientists?

A. All the research shows that the creative process is basically the same: generating ideas, evaluating them and executing them, with many creative sparks over time. The role of collaboration may be more obvious in business than in writing, but even apparently solitary creators like writers read constantly and talk to one another. In the 1920s and 1930s, for example, J.R.R. Tolkien and C.S. Lewis buddied around religious and literary ideas with the Inklings, a group of unfashionably Christian professors who met weekly at an Oxford pub.

Q. What advice can you give us nongeniuses to help us be more creative?

A. Take risks, and expect to make lots of mistakes, because creativity is a numbers game. Work hard, and take frequent breaks, but stay with it over time. Do what you love, because creative breakthroughs take years of hard work. Develop a network of colleagues, and schedule time for freewheeling, unstructured discussions. Most of all, forget those romantic myths that creativity is all about being artsy and gifted and not about hard work. They discourage us because we're waiting for that one full-blown moment of inspiration. And while we're waiting, we may never start working on what we might someday create.

NO MAGIC

Professor Sawyer demystifies creativity by re-examining the work of leading innovators in technology, science, business and the arts

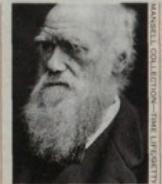


MYTH

Creative people get a great idea in a flash and then just execute it

REALITY

Orville and Wilbur Wright were hardly the first to try to build a flying machine, but they tinkered with their design for years, revising each element again and again. For the wings alone, they tested more than 200 designs in a wind tunnel they built, and each attempt sparked new ideas that led to a machine that actually flew.



MYTH

Creative people always have great ideas

REALITY

Charles Darwin generated scores of bad ideas and followed many false leads. When he returned from his voyage on H.M.S. Beagle, he spent years thinking about what he had seen, making notes about his ever changing theory. Only after 13 years and many sparks of insight, some suggested by his mistakes, did he reach a coherent theory of evolution by natural selection.



MYTH

Creative people have radical new ideas that come out of nowhere

REALITY

In 1976 Citigroup CEO John Reed saw a way to combine several existing technologies—the cash machine, the credit card and a computer network to connect them—to create a new kind of bank, based on the notion of having a cash machine on every street corner. He revolutionized consumer banking by borrowing and building on the ideas of others.



MYTH

Creative people blindly ignore convention because their inspiration springs full-blown from their subconscious

REALITY

Abstract artist Jackson Pollock was thought to have flung paint onto canvas inbursts of spontaneous inspiration pouring forth untrammeled from his subconscious. In fact, Pollock spent years learning to control his pours and splatters to achieve the effects he was looking for.



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BONIVA is for women with postmenopausal osteoporosis. And unlike other tablets you have to take every week, you only need one BONIVA tablet a month.

To help build and maintain strong healthy bones, ask your doctor about once-monthly BONIVA today.

Important Safety Information: You should not take prescription BONIVA if you have low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your healthcare provider if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the once-monthly BONIVA 150 mg dosing instructions carefully to lower the chance of these events occurring. Side effects are generally mild or

moderate and may include diarrhea, pain in the arms or legs, or upset stomach. If you develop severe bone, joint, and/or muscle pain, contact your healthcare provider. Your healthcare provider may also recommend a calcium and vitamin D supplement.

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Patient Information

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Read this patient information carefully before you start taking BONIVA. Read this patient information each time you get a refill for BONIVA. There may be new information. This information is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or your treatment. Talk about BONIVA with your health care provider before you start taking it, and at all your regular check-ups.

What is the most important information I should know about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers (see "What are the possible side effects of BONIVA?").

You must take BONIVA exactly as prescribed for BONIVA to work for you and to lower the chance of serious side effects (see "How should I take BONIVA?").

What is BONIVA?

BONIVA is a prescription medicine used to treat or prevent osteoporosis in women after menopause (see "What is osteoporosis?").

BONIVA may reverse bone loss by stopping more loss of bone and increasing bone mass in most women who take it, even though they won't be able to see or feel a difference. BONIVA may help lower the chances of breaking bones (fractures). For BONIVA to treat or prevent osteoporosis, you have to take it as prescribed. BONIVA will not work if you stop taking it.

Who should not take BONIVA?

Do not take BONIVA if you:

- have low blood calcium (hypocalcemia)
- cannot sit or stand up for at least 1 hour (60 minutes)
- have kidneys that work very poorly
- are allergic to ibandronate sodium or any of the other ingredients of BONIVA (see the end of this page for a list of all the ingredients in BONIVA)

Tell your health care provider before using BONIVA:

- if you are pregnant or planning to become pregnant. It is not known if BONIVA can harm your unborn baby.
- if you are breast-feeding. It is not known if BONIVA passes into your milk and it can harm your baby.
- have swallowing problems or other problems with your esophagus (the tube that connects your mouth and stomach)
- if you have kidney problems
- about all the medicines you take, including prescription and non-prescription medicines, vitamins and supplements. Some medicines, especially certain vitamins, supplements, and antacids can stop BONIVA from getting to your bones. This can happen if you take other medicines too close to the time that you take BONIVA (see "How should I take BONIVA?").

How should I take BONIVA?

- Take BONIVA exactly as instructed by your health care provider.
- Take BONIVA first thing in the morning at least 1 hour (60 minutes) before you eat, drink anything other than plain water, or take any other oral medicine.
- Take BONIVA with 6 to 8 ounces (about 1 full cup) of plain water. Do not take it with any other drink besides plain water. Do not take it with other drinks, such as mineral water, sparkling water, coffee, tea, dairy drinks (such as milk), or juice.
- Swallow BONIVA whole. Do not chew or suck the tablet or keep it in your mouth to melt or dissolve.
- After taking BONIVA you must wait at least 1 hour (60 minutes) before:
 - Lying down. You may sit, stand, or do normal activities like read the newspaper or take a walk.
 - Eating or drinking anything except for plain water.
 - Taking other oral medicines including vitamins, calcium, or antacids. Take your vitamins, calcium, and antacids at a different time of the day from the time when you take BONIVA.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

- Keep taking BONIVA for as long as your health care provider tells you. BONIVA will not work if you stop taking it.
- Your health care provider may tell you to exercise and take calcium and vitamin supplements to help your osteoporosis.
- Your health care provider may do a test to measure the thickness (density) of your bones or do other tests to check your progress.

What is my BONIVA schedule?

- Schedule for taking BONIVA 150 mg once monthly:**
- Take one BONIVA 150-mg tablet once a month.
 - Choose the same date of the month (your BONIVA day) that you will remember and that best fits your schedule to take your BONIVA 150-mg tablet.
 - Take one BONIVA 150-mg tablet in the morning of your chosen day (see "How should I take BONIVA?").

What to do if I miss a monthly dose:

- If your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150-mg tablet in the morning following the day that you remember (see "How should I take BONIVA?"). Then return to taking one BONIVA 150-mg tablet every month in the morning of your chosen day, according to your original schedule.

- Do not take two 150-mg tablets within the same week. If your next scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150-mg tablet every month in the morning of your chosen day, according to your original schedule.

What to do if I miss a daily dose:

- If you forgot to take your BONIVA 2.5-mg tablet in the morning, do not take it later in the day. Just return to your normal schedule and take 1 tablet the next morning. Do not take two tablets on the same day.

- If you are not sure what to do if you miss a dose, contact your health care provider who will be able to advise you.

What should I avoid while taking BONIVA?

- Do not take other medicines, or eat or drink anything but plain water before you take BONIVA and for at least 1 hour (60 minutes) after you take it.
- Do not lie down for at least 1 hour (60 minutes) after you take BONIVA.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have:

- pain or trouble with swallowing
- chest pain
- very bad heartburn or heartburn that does not get better

BONIVA MAY CAUSE:

- pain or trouble swallowing (dysphagia)
- heartburn (esophagitis)
- ulcers in your stomach or esophagus (the tube that connects your mouth and stomach)

Common side effects with BONIVA are:

- diarrhea
- pain in extremities (arms or legs)
- dyspepsia (upset stomach)

Less common side effects with BONIVA are short-lasting, mild flu-like symptoms (usually improve after the first dose). These are not all the possible side effects of BONIVA. For more information ask your health care provider or pharmacist.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take, by mouth, bisphosphonate drugs to treat osteoporosis ("thin bones"). This group of drugs includes BONIVA. Most patients experienced relief after stopping the drug. Contact your health care provider if you develop these symptoms after starting BONIVA.

What is osteoporosis?

Osteoporosis is a disease that causes bones to become thinner. Thin bones can break easily. Most people think of their bones as being solid like a rock. Actually, bone is living tissue, just like other parts of the body, such as your heart, brain, or skin. Bone

just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone.

Osteoporosis causes the body to remove more bone than it replaces. This means that bones get weaker. Weak bones are more likely to break. Osteoporosis is a bone disease that is quite common in women after menopause. At first, osteoporosis has no symptoms, but people with osteoporosis may develop loss of height and are more likely to break (fracture) their bones, especially the back (spine), wrist, and hip bones.

Osteoporosis can be prevented, and with proper therapy it can be treated.

Who is at risk for osteoporosis?

Talk to your health care provider about your chances for getting osteoporosis.

Many things put people at risk for osteoporosis. The following people have a higher chance of getting osteoporosis:

Women who:

- are going through or who are past menopause ("the change")
- are white (Caucasian) or Oriental (Asian)

People who:

- are thin
- have a family member with osteoporosis
- do not get enough calcium or vitamin D
- do not exercise
- smoke
- drink alcohol often
- take bone thinning medicines (like prednisone) for a long time

General information about BONIVA

Medicines are sometimes prescribed for conditions that are not mentioned in patient information. Do not use BONIVA for a condition for which it was not prescribed. Do not give BONIVA to other people, even if they have the same symptoms you have. It may harm them.

Store BONIVA at 77°F (25°C) or at room temperature between 59°F and 86°F (15°C and 30°C).

Keep BONIVA and all medicines out of the reach of children.

This summarizes the most important information about BONIVA. If you would like more information, talk with your health care provider. You can ask your health care provider or pharmacist for information about BONIVA that is written for health professionals.

For more information about BONIVA, call 1-888-MY-BONIVA or visit www.myboniva.com.

What are the ingredients of BONIVA?

BONIVA (active ingredient): ibandronate sodium BONIVA (inactive ingredients): lactose monohydrate, povidone, microcrystalline cellulose, crospovidone, purified stearic acid, colloidal silicon dioxide, and purified water. The tablet film coating contains hypromellose, titanium dioxide, talc, polyethylene glycol 6000 and purified water.

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HOW TO GET SMARTER, ONE BREATH AT A TIME

Scientists find that meditation not only reduces stress but also reshapes the brain

By LISA TAKEUCHI CULLEN

AT 4:30, WHEN MOST OF WALL STREET IS winding down, Walter Zimmermann begins a high-stakes, high-wire act conducted live before a paying audience. About 200 institutional investors—including airlines and oil companies—shell up to \$3,000 a month to catch his daily webcast on the volatile energy markets, a performance that can move hundreds of millions of dollars. "I'm not paid to be wrong—I can tell you that," Zimmermann says. But as he clicks through dozens of screens and graphics on three computers, he's the picture of focused calm. Zimmermann, 54, watched most of his peers in energy futures burn out long ago. He attributes his brain's enduring sharpness not to an intravenous espresso drip but to 40 minutes of meditation each morning and evening. The practice, he says, helps him maintain the clarity he needs for quick, insightful analysis—even approaching happy hour. "Meditation," he says, "is my secret weapon."

Everyone around the water cooler knows that meditation reduces stress. But with the aid of advanced brain-scanning technology, researchers are beginning to show that meditation directly affects the function and structure of the brain, changing it in ways that appear to increase attention span, sharpen focus and improve memory.

One recent study found evidence that the daily practice of meditation thickened the parts of the brain's cerebral cortex responsible for decision making, attention and memory. Sara Lazar, a research scientist at Massachusetts General Hospital, presented preliminary results

last November that showed that the gray matter of 20 men and women who meditated for just 40 minutes a day was thicker than that of people who did not. Unlike in previous studies focusing on Buddhist monks, the subjects were Boston-area workers practicing a Western-style of meditation called mindfulness or insight meditation. "We showed for the first time that



JIMMY WOODS/KIRKLAND-LEWIS/WIREIMAGE.COM

LOTUS POWER
Zimmermann
prepares for his
high-pressure job by
meditating daily

you don't have to do it all day for similar results," says Lazar. What's more, her research suggests that meditation may slow the natural thinning of that section of the cortex that occurs with age.

The forms of meditation Lazar and other scientists are studying involve focusing on an image or sound or on one's breathing. Though deceptively simple, the practice seems to exercise the parts of the brain that help us pay attention. "Attention is the key to learning, and meditation helps you voluntarily regulate it," says Richard Davidson, director of the Laboratory for Affective

Neuroscience at the University of Wisconsin. Since 1992, he has collaborated with the Dalai Lama to study the brains of Tibetan monks, whom he calls "the Olympic athletes of meditation." Using caps with electrical sensors placed on the monks' heads, Davidson has picked up unusually powerful gamma waves that are better synchronized in the Tibetans than they are in novice meditators. Studies have linked this gamma-wave synchrony to increased awareness.

Many people who meditate claim the practice restores their energy, allowing them to perform better at tasks that require attention and concentration. If so, wouldn't a midday nap work just as well? No, says Bruce O'Hara, associate professor of biology at the University of Kentucky. In a study to be published this year, he had college stu-

dents either meditate, sleep or watch TV. Then he tested them for what psychologists call psychomotor vigilance, asking them to hit a button when a light flashed on a screen. Those who had been taught to meditate performed 10% better—"a huge jump, statistically speaking," says O'Hara. Those who snoozed did significantly worse. "What it means," O'Hara theorizes, "is that meditation may restore synapses, much like sleep but without the initial grogginess."

Not surprisingly, given those results, a growing number of corporations—including Deutsche Bank, Google and Hughes Aircraft—offer meditation classes to their workers. Jeffrey Abramson, CEO of Tower Co., a

Washington-based development firm, says 75% of his staff attend free classes in transcendental meditation. Making employees sharper is only one benefit; studies say meditation also improves productivity, in large part by preventing stress-related illness and reducing absenteeism.

Another benefit for employers: meditation seems to help regulate emotions, which in turn helps people get along. "One of the most important domains meditation acts upon is emotional intelligence—a set of skills far more consequential for life success than cognitive intelligence," says Davidson. So, for a New Year's resolution that can pay big dividends at home and at the office, try this: just breathe. ■



MORE AND MORE CORPORATIONS OFFER MEDITATION CLASSES

MEASURING IQ POINTS BY THE CUPFUL

Does it feel as if caffeine makes you more clever, upbeat and alert? Maybe that's because it does

By MICHAEL D. LEMONICK

I'M SITTING IN SMALL WORLD COFFEE, the place in Princeton, N.J., where locals go when they want to avoid the sterile trendiness of Starbucks, just around the corner. The place is packed with students and professors. Nobel prize winners drop in frequently (John Nash, the mathematician hero of *A Beautiful Mind*, is a regular). But I'm not here for intellectual-celebrity watching. I'm here because my editor has ordered up a story on the question of whether caffeine makes you smarter. And without a latte—with three shots of espresso today instead of the regular two—I wouldn't feel equal to the task. Experience tells me that a strong dose of caffeine inevitably makes me more alert, focused, quick-witted, clever. As far as I'm concerned, the case is already closed.

That's a purely subjective assessment, but placebo-controlled laboratory experiments say exactly the same thing. Just last month Austrian scientists reported on a study showing that the equivalent of two cups of coffee boosts short-term memory significantly. And that's just the latest in a long line of tests proving that caffeine can enhance mental performance.

Indeed, there has been lots of surprising good news in general about caffeine and coffee. You would naturally assume that an addictive drug like caffeine—the most widely consumed psychoactive drug on the planet—must surely be bad for you, and initial studies suggested it might lead to bladder cancer, high blood pressure and other ills. More recent research has not only refuted most of those claims but also come up with



some significant benefits. Caffeine appears to have some protective effect against liver damage, Parkinson's disease, diabetes, Alzheimer's, gallstones, depression and maybe even some forms of cancer. The only proven medical downside appears to be a temporary elevation in blood pressure, which is a problem only if you already suffer from hypertension. Some studies have also suggested a higher risk of miscarriage in pregnant women and of benign breast cysts, but those results are highly controversial.

While most of the findings about the effects of caffeine remain open to further testing, caffeine's boosting your brainpower has been proved beyond any reasonable doubt. "As a research psychologist," says Harris Lieberman, who works in the Military Nutrition Division of the U.S. Army Research Institute of Environmental Medicine in Natick, Mass., "I use the word intelligence as an inherent trait, something permanently part of your makeup." Caffeine can't change that, Lieberman says. But what it can do, he says, is heighten your mental performance. If you're well rested, it tends to improve rudimentary brain functions, like keeping your attention focused on boring, repetitive tasks for long periods. "It also tends to improve mood," he says, "and makes people feel more energetic, generally better overall." Observes Dr. Peter Martin, professor of psychiatry and pharmacology and director of the Addiction Center at Vanderbilt University: "Attention and mood are both elements of how we focus our intellectual resources on a problem at hand."

Caffeine's real power kicks in, though, when you're tired. That's of obvious interest to the military, which counts on servicemen and women to make life-and-death decisions even when they have been in the field without rest for days. "When you're sleep deprived and you take caffeine," says Lieberman, who has carried out extensive tests on Navy SEALS, among others, "pretty much anything you measure will improve: reaction time, vigilance, attention, logical reasoning—most of the complex functions you associate with intelligence. And most Americans are sleep deprived most of the time." Again, caffeine doesn't make you inherently smarter; it just lets you call more effectively on the intelligence you already have.

Precisely how it all works is still being figured out by neuroscientists. What they know is that caffeine binds to receptors that normally accept adenosine, a neurotransmitter that signals brain cells to quiet down

their activity. Blocking adenosine staves off sleepiness. The resulting higher level of brain activity puts the nervous system on alert, triggering the release of adrenaline—the probable cause of caffeine's tendency to focus the mind.

Caffeine also triggers the release of dopamine, mostly in the frontal areas of the brain and the anterior cingulate cortex, in which the so-called executive functions like attention, task management and concentration are located. This is consistent with what the Austrian scientists reported last month at the Radiological Society of America's annual conference in Chicago. Dr. Florian Koppelaer and his colleagues at the Medical University in Inns-

bruck gave 15 male volunteers 100 mg each of caffeine—about the same amount as in two cups of coffee—and then tested their short-term memory. Not only did the caffeine drinkers perform significantly better than those on placebos (all the subjects were in both the caffeine and the control groups in different rounds of testing), but when the scientists scanned their brains with functional MRIs, the anterior cingulate cortex and the frontal lobes lit up with increased activity.

Caffeine is just a single chemical, of course, whereas coffee contains scores of substances. Some of them are antioxidants, which could explain part of its protective effect against disease. Some are psychoactive. "Our research," says Martin, "has focused on some of those other elements, such as chlorogenic acids, which keep adenosine in circulation in the brain longer than normal. That might augment coffee's ability to increase concentration without increasing irritability."

And then there's tea and chocolate, both of which also have caffeine, along with their own mélanges of antioxidants and other chemicals. Teasing out the specific actions of each one and separating them from caffeine's could take years. For the patrons crowding Small World Coffee, all of that is beyond the immediate point, which seems to be nothing more than getting a morning fix of one caffeinated drink or another before setting off to conquer the intellectual challenges awaiting at the university just up the street. "A mathematician," the legendary number theorist Paul Erdos used to say, "is a machine for turning coffee into theorems." Organic chemistry, neuroscience, psychology and pretty much universal experience suggest that he probably was on to something. ■



CAFFEINE IMPROVES ATTENTION AND REASONING, ESPECIALLY WHEN YOU'RE SLEEPY

Andrew Weil, M.D.

YOU (AND YOUR BRAIN) ARE WHAT YOU EAT

One of America's leading proponents of natural healing offers a guide to foods that go straight to your head



JENNIFER GRAY LOGG/AF

WE KNOW THAT WHAT YOU EAT, AND DON'T EAT, can affect your health. But is it possible, as the White Rabbit advised Alice, to "feed your head"? Is there such a thing as brain food? I'm convinced there is. The evidence for some foods, such as fish, is stronger than for others, like turmeric and brightly colored vegetables. But none of those foods is bad for you, and they certainly won't make you any less smart.

The reason fish is so good for the brain is the so-called omega-3 fatty acids it contains. Oily fish, like salmon, sardines, mackerel, herring, bluefish and black cod, are the best sources of those special fats. One of the omega-3s—DHA—is the main constituent of cell membranes in the brain, and a deficiency of it can weaken the brain's architecture and leave it vulnerable to disease.

Diets associated with longevity and good health, like the Mediterranean and traditional Japanese diets, are high in omega-3 fatty acids from fish. The North American diet is not. I have long recommended that people in the U.S. eat more fish—at least two servings a week—but I have been concerned lately about reports of increasing levels of mercury, PCBs and other contaminants in certain fish species. In my diet I stick to sardines, herring, Alaskan black cod and Alaskan sockeye salmon. All sockeye (red) salmon are wild—fish farmers haven't yet been able to domesticate them—and since those fish are less carnivorous

than other types of salmon, they have lower levels of the environmental contaminants that accumulate as you work your way up the food chain. Canned sockeye, available in most supermarkets, is a perfectly good source of omega-3s.

But for some people it may be easier and safer to rely on fish-oil supplements. The best are distilled and certified to be free of mercury and other toxins. Some are flavored, and some even taste good—or at least a lot better than the cod-liver oil I was forced to take as a kid. One product I recommend is Antarctic krill oil, made from the tiny crustaceans that abound in southern seas and are consumed in great quantities by whales and other marine mammals. Krill oil is red from carotenoid pigments, which have high antioxidant activity, and it doesn't cause those fishy burps. A good starting dose of fish oil of any kind is 1 g a day. Higher doses, up to 10 g a day, have been used, with varying results, to treat such diverse conditions as depression, attention deficit disorder, bipolar disorder and even autism.

Vegetarian sources of omega-3 fatty acids, such as walnuts, flax and hemp, are

good additions to the diet but not so reliable as fish. They supply a short-chain compound (ALA) that the body must convert to long-chain DHA, and the efficiency of that conversion can vary. Some people don't do it well, and those eating mainstream diets top-heavy in the omega-6 fatty acids found in processed food and prepared meals are at a disadvantage because omega-6s interfere with the conversion of ALA to DHA. For vegetarians and veg-

ans, there is one nonfish source of long-chain omega-3s: supplements made from algae. (Algae is the source of the omega-3s that fish store in their fat.)

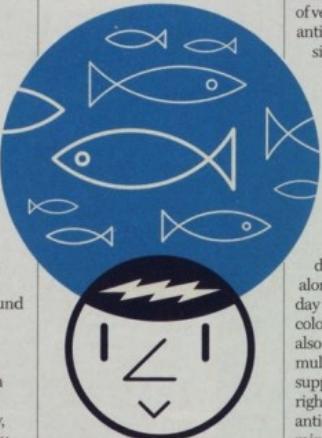
I'm not aware of any brain foods that have as much scientific evidence behind them as fish and fish oil. But I would keep an eye on turmeric, the yellow spice

that is a major ingredient in American mustard and Indian curries. A relative of ginger, turmeric comes from the underground stem of a tropical plant and is being carefully studied for its medicinal effects. It is a powerful anti-inflammatory agent that has anticancer properties and may offer significant protection against Alzheimer's disease. Alzheimer's begins as an inflammatory process in the brain. Anti-inflammatory agents like ibuprofen reduce the risk of Alzheimer's, and so do turmeric and its most studied component, curcumin. India has the world's lowest rate of Alzheimer's, and some experts think that daily consumption of turmeric is a contributing factor.

Finally, in addition to all the other reasons to eat fruits and vegetables, there are some that relate to the brain. The pigments that account for the varied colors of vegetables and fruits have antioxidant properties that offer significant protection against cancer and other chronic diseases, as well as protection from a range of environmental toxins, including pesticides. Toxic injury to the brain is almost certainly the cause of Parkinson's disease, and probably amyotrophic lateral sclerosis (Lou Gehrig's disease). For that reason alone, it's a good idea to eat every day from as many parts of the color spectrum as you can. It's also a good idea to take a daily multivitamin-mineral supplement that provides the right doses and forms of the key antioxidants: vitamins C and E, mixed carotenoids and selenium.

A good diet is certainly not the only way to protect and enhance brain health. Regularly exercising the mind and not smoking are also important. But food choices do count. So eat your vegetables, think about your daily dose of omega-3s, and consider flavoring more of your food with turmeric.

Andrew Weil is clinical professor of medicine at the University of Arizona, where he founded the program in integrative medicine



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CAN YOU FIND CONCENTRATION IN A BOTTLE?

A guide to today's brain-boosting pills and supplements—and what's in the pipeline

By UNMESH KHER

IF YOU HAVEN'T ALREADY HEARD THE term nootropic, better jot it down. Chances are you'll hear it a lot in the future. A marriage of the Greek words *nous*, for "mind," and *tropein*, for "toward," it refers to drugs that enhance mental performance—popularly known as smart drugs. Nootropes aren't new. Amphetamines, first synthesized by a German chemist in 1887 and used in over-the-counter inhalers by the 1920s, were doled out generously during World War II to Allied and German troops to keep them alert. Military pilots still take dextroamphetamine, or go pills, to stay in fighting form on long missions. But in the post-Viagra era, many neurologists believe—and ethicists fear—that scientific advances and social changes may have set the stage for a new age of cosmetic nootropy.

Indeed, some argue that the era is well under way. There's already a lively market for brain boosters. Herbs and supplements with names like Focusfactor and Brain Quicken clutter health-store shelves and the Internet, often with little scientific basis for their claims. Pill popping in some circles has become as American as SAT-prep classes. Students and professionals in growing numbers are taking potentially addictive stimulants like Ritalin to focus their minds and bolster their memory.

The latest addition to that budding pharmacopeia is a narcolepsy drug called modafinil that was approved two years ago to help shift workers stay alert. And there's a lot more in the pipeline. Neurologists have made rapid progress unraveling the molecular underpinnings of memory and attention, and drug companies are testing dozens of compounds derived from those discoveries to treat cognitive ailments like Alzheimer's disease and schizophrenia.

Memory Pharmaceuticals in Montvale, N.J., for instance, is developing drugs that boost the expression of genes essential to shoring up the connections among neurons—the physical process that is thought to turn immediate experiences into long-term memories. Cortex Pharmaceuticals in Irvine, Calif., meanwhile, is testing compounds that accomplish something similar more indirectly. Those molecules amplify the response of brain chemicals called AMPA receptors, among the first players in a long biochemical cascade that takes place in the neuron as it encodes memory. The first of those ampakine molecules has been shown in a recent study to boost the attention and mental performance of healthy, sleep-deprived men. The more powerful compounds in Cortex's untested arsenal, says CEO Roger Stoll, may bolster long-term memory without inducing the jittery side effects of drugs like Ritalin and caffeine.

Drugs already on the market, notably those that treat Alzheimer's disease, have been shown in small studies to improve the performance of healthy brains, though not by much. (Most of the research to date has been carried out on patients suffering from cognitive deficits.) "It's not like you start out with an IQ of 100 and get an IQ of 140 after taking these drugs," says Dr. Anjan Chatterjee, a neurologist at the University of Pennsylvania.

Ritalin-type drugs, which have a broadly stimulating effect on the nervous system, clearly improve attention and memory. According to a 2002 study of helicopter pilots operating flight simulators, so does donepezil, a drug that raises levels of the neurotransmitter acetylcholine. In another study, men on 200 mg of

SCHOOLYARD DRUGS

◀ Adderall and Ritalin ▶ , two drugs widely used to treat attention-deficit disorders, can focus healthy minds as well. These potentially addictive stimulants are increasingly abused by students and professionals—so much so that the U.S. government now considers them "drugs of concern."



200 MG

▲ **Provigil**, otherwise known as **modafinil**, was approved to help narcoleptics and shift workers stay awake. Lately it has joined the ranks of Ritalin as a popular performance aid. Some recent studies suggest it may indeed boost attention and mental acuity

NEW BRAIN BOOSTERS

Some drugs for treating Alzheimer's disease increase the levels of the neurotransmitter acetylcholine, which plays a key role in attention and memory. One of the drugs, **donepezil**, was shown in a study of helicopter pilots to enhance mental performance. These drugs, however, are not widely abused

MEANWHILE, IN HEALTH STORES ...

... the shelves are filled with herbs and supplements advertised as brain boosters. Few, if any, clinical trials have assessed their efficacy, but here's what we know about some of the more popular ingredients in these concoctions

Some studies suggest ▲ **gingko biloba**, especially in combination with ▶ **panax ginseng** ▶, can boost mental performance



Found in plants like the common snowdrop ▲, **galantamine** is approved by the FDA as the Alzheimer's drug **Razadyne**. It's marketed to healthy people as a memory enhancer, but no reliable studies support the claim



Derived from a chemical found in the periwinkle ▲, **vinpocetine** increases blood circulation in the brain. Will taking it make you smarter or more attentive? No one really knows



Derived from the Chinese club moss ▲, **huperzine A** works like donepezil and galantamine. But there is no evidence it helps young, healthy brains work better. Many swear by the memory-boosting power of **phosphatidylserine**, and studies suggest it may aid those with age-related problems. **Bacopa monnieri**, **brahmi**, has not yet been proved to make anyone any smarter

PLANTS FROM TOP: DAVID CAVAGNARO—PETER ARNOLD; DARRELL GULIN—CORBIS; CHARLES LANGLOUX—UNIVERSITY OF HAWAII; GINKGO: CORBIS; GINSENG: T. REED—ZEFACORBIS

modafinil did better at mentally challenging games than subjects taking a placebo. But those results must be kept in perspective. Research at the Walter Reed Army Institute of Research in Silver Spring, Md., found that neither modafinil nor the military pilots' go pills were any better than several cups of coffee at restoring the attention and performance of sleep-deprived people.

If the effects are that mild, what are ethicists so worried about? Almost everything. "As our society becomes more competitive and specialized," says Chatterjee, "even the perception that these medicines provide a slight advantage can drive demand." If new and more effective drugs have few immediately discernible side effects, patients will probably pressure doctors to prescribe them. And as their usage spreads, people may feel forced to take them just to keep up. Would the means to pay for them determine who gets them? Would the rich get smarter and the poor fall further behind? What effects would such drugs have on the personality and mental health of users in the long run? The tendency to forget some things, for example, may be a big part of emotional stability and efficient problem solving.

Those issues don't seem to bother the Americans who pop pills and snap up supplements touted as brain enhancers. The latter are often a waste of money. Studies examining the cognitive benefits of supplements have either proved inconclusive or shown only modest effects. There's some evidence that the popular herb *gingko biloba* boosts cerebral blood flow and improves mental functioning, particularly when taken with ginseng. But there's also evidence that it doesn't.

Some of the most popular brain supplements, including deanol, are stimulants, but they have not been shown to improve cognition. "Americans like to have the five-Starbucks-triple-latte effect," says complementary-medicine guru Dharma Singh Khalsa, who sells his own line of "brain longevity" supplements. He recommends a regimen of antioxidants like vitamins E and C and co-enzyme Q10 to keep the brain healthy. Beyond that, one of his favorite nootropic formulations is a combination of ginkgo, phosphatidylserine (a molecule essential to the health of neural-cell membranes) and omega-3 fats (found in fish oils). But Khalsa emphasizes that nine-tenths of the mental boost people seek can be had by eating well, staying mentally and physically active and keeping stress at bay.

And if that doesn't help, you can always try a cup of joe.

5 GUILT-FILLED DAYS ON THE BIG R, FOR RITALIN

In pursuit of truth and a tidy desk, a TIME senior editor spends a week on a mind-altering stimulant

By BELINDA LUSCOMBE

IT WASN'T UNTIL I WAS IN THE limo being whisked to the studio that it occurred to me that it was probably a bad idea to go on live TV under the influence of mind-altering drugs. When I got the call asking me to talk about a TIME story on that night's late news, I was playing host to a 5-year-old's birthday party, with attendees who included Ella, Ella, Stella, Ale (pronounced *Ella-y*), Lee (same) and Belle, the princess I had rented. I don't know if my suggestibility was caused by a surfeit of medication—in this case, Ritalin—or of liquid consonants, but I agreed to do it.

The Ritalin was supposed to make me sharper and prevent this kind of distraction. My pharmacological experience is rather shallow—I had a nasty SweeTarts addiction a while back that scared me off the harder stuff—but I knew that millions of kids with attention-deficit problems were on methylphenidates, as Ritalin and its cousins are known. I too have attention problems. I too am still maturing. Why shouldn't it work for me?

Lots of adults have started taking Ritalin, hoping it will give them mastery over their over-prescribed lives. Could I get my work done more efficiently? Could I make decisions more quickly? Could I just maybe tidy my desk? I

wanted to see what it would be like to have focus, clarity, direction. So I found a friendly psychiatrist, whom I'm going to call Mark although that's only half his name. After giving me a long lecture on the risks of taking it, most of which I was too busy answering e-mail to hear, he sent me a prescription.

The TV appearance was at the end of my very first day on the big *R*, as we users call it. I have no clear memory of what I said, probably because I woke up three times that night, with a start, as if someone had hit me with a wet sock. At 3:10 a.m., I remembered I owed my mother money. At 4:12 a.m., I felt guilty about something I said to my son. At 5:14 a.m., I deeply regretted a headline I had written. Dr. Mark hadn't warned me about this:

Ritalin is basically a drug that wakes you up to remind you of what a loser you are.

At work the next day, however, the TV bookers showered me in praise. The word adorable was used several times. The word funny was used. The words better than Diane Sawyer were not used, but I got the picture. Ritalin plus Ernie Anastos (a local-TV newscaster). It's a winning combo.

But it wasn't all sweetness and klieg lights. I was always thirsty. I was often hungry. When I walked down the street I would involuntarily clench and unclench my fists, as if I were the Thing. I woke in the wee hours often I no longer bothered to wake my husband to tell him about it. And Ritalin made my toes hurt. O.K., technically it was the wall I was kicking that made my toes hurt. I was trying to get

my kids downstairs to school, and they were moving with the speed of treacle on asphalt. This is their standard speed, but I don't usually take my frustrations out on the wall. My children, being New York City kids, simply shrugged. They've seen worse.

In fact, being on Ritalin was like landing in Manhattan and assimilating in fast-forward. First you feel confusion, then a little exhilaration and then, after a few days and a few more milligrams than is recommended, all-out aggression. As I walked down the streets, I didn't even see the tourists. I just saw the line I had to pick through to get where I had to go. I stepped

out in front of cars that were shooting through the lights, threw myself onto subways and cursed gratuitously. I had to apologize to one poor lunch companion, a journalist from out of town who wanted advice on working in the city and whose chances of success I outlined a little too graphically. I told him I had just started taking Ritalin. He told me he took it instead of a disco nap to go clubbing. Wait. We're putting what percentage of the nation's kids on this drug?

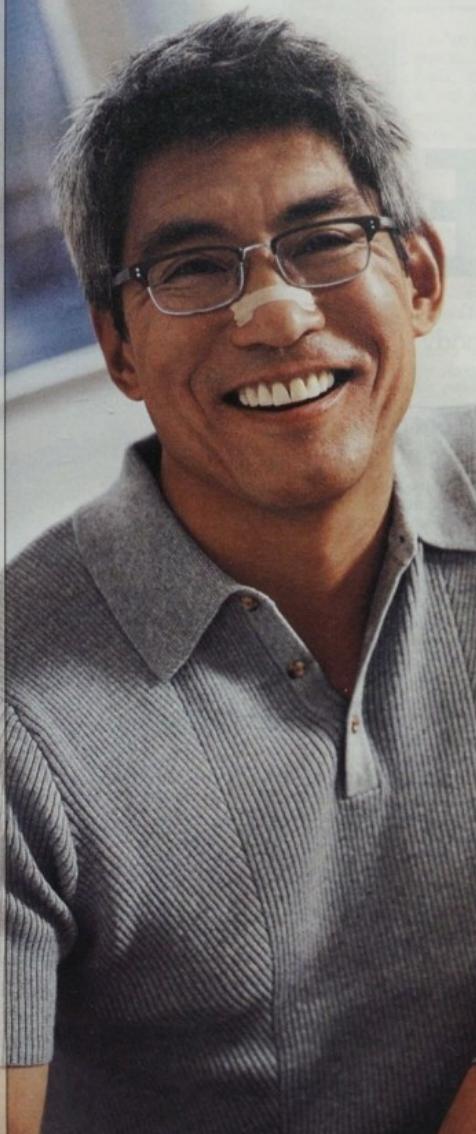
But if I was becoming a New Yorker squared on Ritalin, I was doing it without any big-city jadedness or ennui. Nothing seemed too hard. All my deadlines were invigorating, and all the work I had to get done to meet them lay like a playground before me. It was going to be a hoot. I didn't get the work done any faster, but I never felt intimidated or overwhelmed by it.

On the other hand, I didn't get it done any better either. I think I might have done it worse. There was an engine driving me and no moment of rest. Watching TV was almost impossible. I couldn't sit still, could not even derive pleasure from our household's favorite pastime, mocking David Caruso's cadences on *CSI: Miami*. "Where's [long pause] your vault?" I kept wishing *Deadwood* were on. Now that's a Ritalin-friendly show.

I definitely got more done, but it was at the cost of those moments when, while doing nothing, you have a great idea or find a solution or arrive at the perfect headline. I had no great ideas on Ritalin. I had some really bad ones, like chasing the pills with two vodka gimlets—my teeth felt itchy for hours—but it was all movement, no color. My life became like a bad soccer game in which there were lots of goals but no thrilling play on the field.

By the way, that's the kind of incisive sports analysis that lands you on TV. And I'm keeping a few extra pills handy, just in case.





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GETTING AND STAYING IN THE ZONE

Achieving peak performance depends on controlling the mind that controls your body

By ALICE PARK

ELITE ATHLETES TALK A LOT ABOUT being in the zone, that magical place where mind and body work in perfect sync and movements seem to flow without conscious effort. Major-league pitchers, NBA stars, pro golfers and Olympic hopefuls dedicate their careers to the search for this elusive feeling, devoting hours of training to "listening" to their body and "reading" their muscles—trying to construct a bridge between mind and body sturdy enough to lead them straight to athletic nirvana.

But the truly great athletes, those with long careers and performances that fans talk about for generations, know that maintaining a competitive edge is less about keeping it honed to perfection at all times than realizing they can lose the edge every once in a while and still get it back.

Few athletes know that better than Olympic sprinter Michael Johnson, one of the fastest men on earth. Johnson holds two individual world records in track and five Olympic gold medals. He was the first sprinter to win both the 200-m and 400-m events in a single Olympic Games. He has also had his share of disappointments. He contracted food poisoning a month before the 1992 Games and didn't make it past the early heats in the event he was favored to win. And just before the 2000 Olympics, he injured his quadriceps and failed to qualify for the 200-m race.

Setbacks like those would be enough to put most athletes off their game. But Johnson found a way to push them behind him. "If you have a disappointment," he says, "you need to ask yourself 'Why did I not perform well today?'" Was it the preparation? A mistake in execution? "Then you need to get yourself at peace with that situation," he says.

According to Johnson, achieving that peace is the key to avoiding a full-fledged slump. A slump—that downward spiral that only gets worse the harder you try—is familiar to even amateur athletes. For golfers, it can start with the yips, an uncontrollable twitch of the arm or an involuntary snap of the wrist at just the wrong moment. For a pitcher, it's the strike zone over home plate that suddenly begins to jump around. For the basketball player, it's the hoop that has inexplicably shrunk.

Athletes in the throes of a slump will swear that it came all of a sudden, out of nowhere. But psychologists say the episodes are less mysterious than they seem. They usually stem from a failure to prepare mentally for the pressure of athletic competition. "Training is about strengthening the mind-body connection," says Kirsten Peterson, sports psychologist for the U.S. Olympic Committee. "Athletes need to train their mind with the same discipline that they train their bodies."

The mind-body connection in sports is not some New Age construct. Thoughts have direct and powerful connections to all sorts of physiological functions. Think hard enough about jumping out of an airplane, and your heart will start to race and your palms to sweat. Other thought-induced changes may be more subtle, and for athletes who rely on fine motor skills, those imperceptible adjustments can mean the difference between a strikeout and a home run.

At the root of most slumps is a perceived decline in performance. Athletes tend to define themselves by their results, and any dip in their stats can make them start to think they are not as good as they used to be or as good as they thought they were. In some cases, they may not be slipping at all; their opponents may just be get-

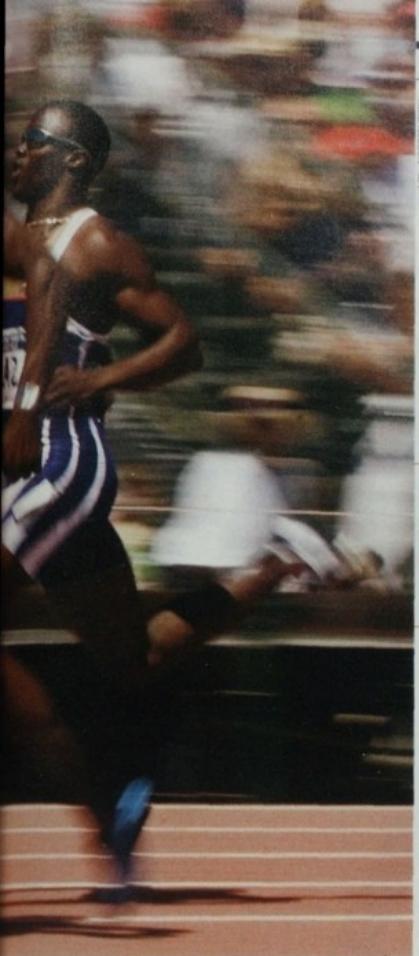


IN HIS PRIME
Johnson, left,
qualifying for the
2000 Olympic team

ting better. Or the decline may be a matter of perspective; after all, no one can perform at peak levels 100% of the time. Over-training and bringing the muscles to the brink of fatigue can lead to a physical plateau, after which the body just can't run any faster or swing any harder.

What elevates any of those scenarios from an ordinary off day to a prolonged slump is the way the athlete interprets the dip. "It has less to do with what is contributing to the decrease in performance and more to do with how you react and adjust to the decline," says Jonathan Katz, a psychologist at Columbia University's College of Physicians and Surgeons.

Much of the action takes place without



PHOTOGRAPH BY JEFF SIMONS

Any learned sports skill begins in the thinking part of the brain, with nerves in the pre-frontal cortex. As those neurons get excited, they activate nerve cells connected to the limbic system just under the cerebrum of the brain, the area associated with emotions such as fear, anxiety, elation and satisfaction. That area is tied in turn to the motor cortex, which controls the muscles.

If the feedback loop is dominated by fear—fear of failure, fear of disappointing teammates, fear of being unworthy—the circuit starts to resemble the

Even weekend warriors are using mental-conditioning techniques to avoid slumps

classic fight-or-flight response. In the perform-or-perish version, anxious thoughts trigger the release of adrenaline, the hormone that sets the heart racing, primes the muscles to run and puts all the senses on alert. The eyes slip into tunnel vision—the last thing a quarterback needs when he's relying on peripheral perception to spot a waiting receiver.

One way experts help athletes control the jitters is by teaching them to take command of the interior monologue that psychologists call

self-talk. This is the endless conversation that we all have with ourselves, processing events they pass before our eyes. The average person speaks to himself at a rate of 300 to 1,000 words a minute. According to Trevor Moawad, director of mental conditioning for IMG Academies, a leading sports-training facility, that means that for a tennis player competing in a typical 2-hr. match, only about 40 min. are spent on the court contesting points, leaving an hour and 20 min. between points with little to do but talk to oneself. Positive chatter can help the athlete stay focused, but if the conversation strays into fears of failing, then the self-talk can become counterproductive.

"You can't stop those negative thoughts

from coming," says Michael Johnson, "especially when you enter an arena or when you see your competitors walk by. The only way to stop those thoughts is to replace them with something else." For Johnson, the substitute images and words were all about the race ahead. "If you're going to replace them, you might as well replace them with something that's going to help you," he says. He liked to visualize the upcoming race, concentrating on the start, the weakest part of his race, and thinking about himself shooting off the blocks like a bullet.

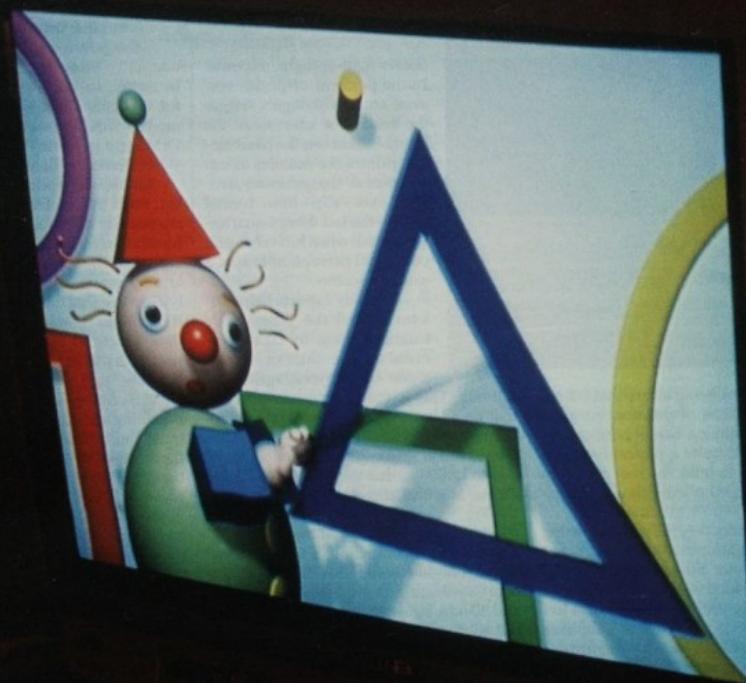
Aynsley Smith, director of the sports-medicine research center at the Mayo Clinic, gives her athletes a more tangible system of thought swapping. "I tell them that self-talk exists on three channels: positive, negative and escape. You try to be on the positive channel as much as you can while you're training or competing, but when the negative thoughts start coming, it's the speed of the transition that counts. I give them a clicker pen and tell them to just click over from the negative to the positive channel." If the anxiety doesn't go away, says Smith, then it's time to switch to the escape channel. That's for thoughts about how the athlete's role model would react. How would Joe DiMaggio get over the disappointment? What would the Babe do?

Smith, who works with ice-hockey players, finds that biofeedback techniques are particularly effective for controlling jitters. Most athletes are skilled at visual imagery, and when shown monitors that display their anxiety levels as a graph or chart, they quickly learn to corral their nervousness and keep it from interfering with the smooth flow of their practiced skills. "I tell people they need to try to get back to doing rather than thinking," says Simons.

Relaxation techniques like deep breathing are also good for helping athletes quiet the mental chatter long enough for their bodies to perform. "You have to help them realize that 'I have to get out of my own way,'" says Simons. "Relaxing can help them imagine competing, getting in their own groove, feeling it, tasting it, reminding them of that feeling of flow."

For Michael Johnson, who competed in three Olympic Games over a span of a dozen years, avoiding a slump was mostly a matter of staying in control. "The first thing an athlete has to realize is that you are always in control," he says. "And you need to maintain that control." Control, that is, of both the body and the mind. ■

the athlete's even being aware that it's occurring. After years of practice, hitting a baseball or shooting a basket becomes almost second nature to a professional athlete. So it's easy to think the skill resides in muscle memory. But even those rote actions involve a tremendous amount of mental processing; they are just happening too fast for the athlete to realize they are going on. "It's not the conscious kind of processing, the kind where you're thinking about how to control your body," says Jeff Simons, a sports psychologist at California State University, East Bay. "Our conscious brain cannot keep up with the speed of information processing necessary to perform a high-level skill."



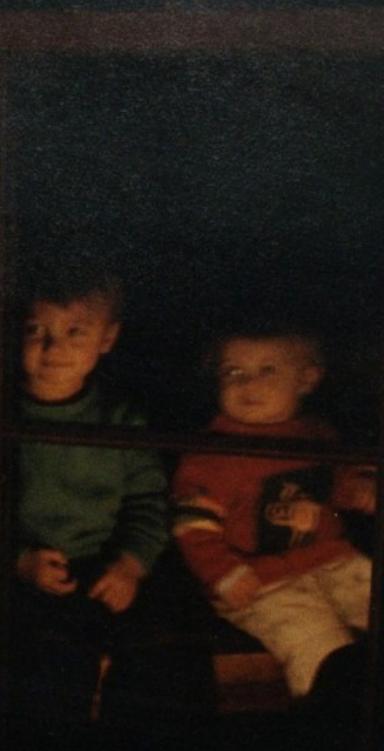
WANT A BRAINIER BABY?

Loading up on tapes, games and videos may not be a smart move. There are better ways to nurture a young mind

By PAMELA PAUL

THOMAS BAUSMAN, 2, AND HIS brother Jake, 10 months, are typical American babies. Every day, Thomas settles down to watch two hours of television, while Jake sits in front of the set for an hour, the national average for their respective ages. Their favorite thing to watch, by far? *Baby Einstein*. Anita Bausman could not be more pleased with her children's preference. Jake, she reports, learned colors, numbers and his love of robots from the popular videos, which are filled with puppets, animals and moving objects, often set to classical music. "It's not just turning on Nickelodeon," Bausman says. "It's educational and beneficial. I know he's happy watching, and I can pop in and point out something onscreen, then go deal with the laundry."

Bausman's attitude is typical of U.S. parents. In a 2004 Kaiser Family Foundation study, more than half of the parents surveyed said that educational videos and toys are "very important to children's intellectual development." Efforts to get kids on the Ivy League track now begin at infancy, and in the past few years, the so-called entertainment market for babies and toddlers



BABY EINSTEINS?

With their mother's blessing and encouragement, Thomas and Jake Bausman engage in one of their favorite pastimes, watching educational videos

Do These Toys Work?



BABY'S FIRST STEPS ITALIAN

Parents and caretakers, not CDs, are best for teaching languages

BABY EINSTEIN

These programs grab attention but don't create geniuses



BIG FROG

They may be cute, but don't expect interactive stuffed animals to teach a baby numbers, colors or shapes. A teddy bear without batteries is just as good for cuddling and imaginative play



PICTURE CARDS

Flash cards may help students cram for the SAT, but experts agree that the cards are inappropriate for babies younger than 2



YOUR BABY CAN READ

Cognitive scientists say that babies forced to watch a DVD daily are memorizing responses, not reading



BRAINY BABY

Doctors recommend no TV or videos before age 2



has exploded. According to Vicky Rideout, vice president of the Kaiser foundation, in 2003 there were 140 videos or DVDs for kids age 2 and younger for sale on Amazon. Today, there are 750.

Many of those products bear enticing messages on their packages: "stimulate baby's cognitive development" or "increase baby's brain capacity." But according to a new study, "A Teacher in the Living Room?", by the Kaiser Family Foundation, the companies do essentially no research to back up their claims. Nor can they cite research by others that relates specifically to their products. "We're not neurolinguistic scientists," admits Marcia Grimsley, a senior producer for Brainy Baby, purveyor of such DVDs as *Right Brain* and *Left Brain*, which claim to develop the creative and logical components of a baby's mind. "We went out and researched other people's work—scientists, neurologists, psychologists—and applied that knowledge to our products so they could be fun and beneficial to parents and children."

The unspoken assumption behind most of those products is that stimulation is good and that more stimulation is even better. But that's not necessarily so, says Meredith Small, an anthropologist at Cornell University and author of *Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent*. In fact, she says, "there's a growing thought that maybe Americans are overstimulating their babies, or stimulating them in the wrong ways."

There's a basic misunder-

standing that stems from studies of children and laboratory animals that were starved of attention and stimulation, says Pat Levitt, director of the Vanderbilt Kennedy Center for Research on Human Development. "Everyone heard about the orphans in Romania who were deprived of stimulation as babies, then had learning and emotional problems later," says Levitt. But just because a normal environment is better than a deprived one, that doesn't necessarily mean that a hyper-enriched environment is better still. As Levitt puts it: "There is no evidence that says you can drive the baby's system to ever greater heights."

In fact, there is evidence to the contrary. According to Dimitri Christakis, codirector of the Child Health Institute at the University of Washington, "The more TV babies watch, the more likely they are to have attentional problems later in life."

Christakis cites a long-term study that tracked children from age 1 through age 7. It found that for each additional hour of daily TV viewing before age 3, a child's chances of later developing problems paying attention increased 10%.

Christakis explains that the human mind—especially the

mind of a baby—is driven by what Ivan Pavlov (of the famous dog) called the orienting reflex. When a baby is confronted with a novel sight or sound, he or she can't help focusing on it. By rapidly changing colors, sounds and motions, videos for children effectively force a baby's brain to stay at attention. If his or her gaze wanders, the action quickly rivets it back to the screen.

"Parents say, 'My child can't stop looking at it! She loves it!'" Christakis says. "Well, true, she can't stop looking at it, but that doesn't mean she loves it." Not only might Baby not be enjoying the program, Christakis says, "but based on the research I've done, there's reason to believe these products have deleterious effects on the developing mind." Christakis is not alone in this thinking. The American Academy of Pediatrics recommends no TV viewing of any kind before age 2.

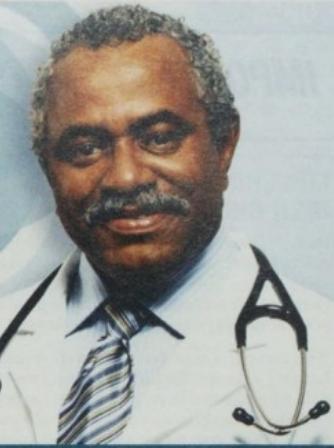
CDs and DVDs designed to teach a baby Spanish or Chinese are also problematic. Patricia Kuhl, who studies language acquisition at the University of Washington, conducted an experiment comparing the effects of Chinese audio recordings for children and a Chinese-speaking human. She had a native Mandarin speaker play with a group of babies while speaking Chinese for 12 sessions of 25 minutes each over a four-week period. Later she tested the babies and was able to demonstrate that they recognized Mandarin sounds. But when she repeated the experiment with three control groups—one set of babies that saw the Chinese speaker play with babies on video, another that listened to an audio recording of the Chinese



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HUMAN INTERACTIONS
ENGAGE ALL OF A BABY'S SENSES

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IMPORTANT INFORMATION:

LIPITOR® (atorvastatin calcium) is a prescription drug. It is used in patients with multiple risk factors for heart disease such as family history, high blood pressure, age 55 or older, low HDL or smoking to reduce the risk of heart attack and stroke and, along with a low-fat diet, to lower cholesterol.

It is also used in patients with type 2 diabetes and at least one other risk factor for heart disease such as high blood pressure, smoking or complications of diabetes, including eye disease and protein in urine, to reduce the risk of heart attack and stroke.

LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

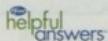
If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of serious muscle side effects. Tell your doctor about all the medicines you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose. The most common side effects are gas, constipation, stomach pain and heartburn. They tend to be mild and often go away.

Please see additional important information on next page.

LIPITOR is one of many cholesterol-lowering treatment options in addition to diet and exercise that you and your doctor can consider.

*Results are based on a subset of a blinded, national, random survey of 694 physicians representative of the AMA master file, conducted by Harris Interactive Inc. from April 25, 2005 through June 17, 2005.

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IMPORTANT FACTS



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atorvastatin calcium
tablets

(LIP-ih-tore)

LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number, it's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol. Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at www.americanheart.org.

WHO IS LIPITOR FOR?

Who can take LIPITOR:

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

Who should NOT take LIPITOR:

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

BEFORE YOU START LIPITOR

Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers "bad" cholesterol in your blood. It can also raise "good" cholesterol (HDL-C). In adults, it can lower the risk of heart attack in patients with multiple risk factors for heart disease—such as family history of heart disease, high blood pressure, older than 55, low "good" cholesterol, or smoking.

POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- **Muscle problems** that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.

- **Liver problems.** Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

Symptoms of muscle or liver problems include:

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
- Nausea, vomiting, or stomach pain
- Brown or dark-colored urine
- Feeling more tired than usual
- Your skin and the whites of your eyes turn yellow
- If you have these symptoms, call your doctor right away.

The most common side effects of LIPITOR are:

- Headache
- Constipation
- Diarrhea, gas
- Upset stomach and stomach pain
- Rash
- Muscle and joint pain

Side effects are usually mild and may go away by themselves. Fewer than 3 people out of 100 stopped taking LIPITOR because of side effects.

HOW TO TAKE LIPITOR

Do:

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

Don't:

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Talk to your pharmacist.
- Go to www.lipitor.com or call 1-888-LIPITOR.



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woman playing and a third that had no exposure to the Chinese speaker—none seem to perceive Mandarin sounds. Apparently, the presence of a living, breathing human was essential.

There's a lesson there for any parent who wants to encourage early learning. Most experts agree that what matters most is not what toy the baby plays with but the ways in which you interact with your child. "There's no question that the experiences a child has in its first year are crucial for cognitive, emotional and physical development," says Lise Eliot, a neuroscientist at Chicago Medical School and author of *What's Going On In There? How the Brain and Mind Develop in the First Five Years of Life*. "But the good news is none of this costs any money. Babies prefer humans over anything inanimate."

One key difference between human interaction and even the most sophisticated educational toy is that interpersonal exchanges engage all the senses—sight, sound, smell, taste and, very important, touch. "People tend to forget that children are very tactile and their most sensitive part is their mouth," says David Perlmuter, a neurologist and author of the forthcoming book, *Raise a Smarter Child by Kindergarten*. "Babies need to mouth things and to smell, to have rich sensory experiences."

This is borne out by a new study of 96 babies conducted by Andrew Meltzoff and Rechele Brooks at the University of Washington. Meltzoff and Brooks knew that long before babies learn to talk, they form emotional connections with parents and caregivers by looking into their eyes. But there's a big cognitive leap between looking at someone's eyes and following that person's gaze to see what he or she is looking at. By tracking at what age babies learn to follow an adult's gaze, Meltzoff and Brooks have been able to establish an early indicator of language ability. It turns out that the earlier a baby follows the gaze of an adult (generally between 9 months and 11 months), the more advanced his or her language skills are at age 2.

"Babies read their mother's faces," explains Meltzoff, co-author of *The Scientist in the Crib: What Early Learning Tells Us About the Mind*. "Being able to read other people and their intentions and to know what they're thinking about is key to language development."

Babies can also read signs. Psychologists Linda Acredolo and Susan Goodwyn,

co-founders of the Baby Signs Institute, conducted a long-term study with 140 families funded by the National Institutes of Health to see whether teaching sign language to babies before they can talk helps or impedes language development. The results were surprising. Babies taught to sign at 11 months tested 11 months ahead of other babies in terms of vocabulary and linguistic ability by age 3. At age 8, signing babies scored higher on IQ tests than the control group. While many psychologists agree that teaching sign language probably does babies no harm, others have questioned the methodology of the research that shows signing's benefits. Moreover, the research that's been done has focused on signing as taught by trained parents. Today there are a slew of new videos and DVDs purporting to teach babies to sign, and no one has studied their effectiveness.

Of course, parents don't have to learn

joying yourself while playing with that baby, it's not going to do any good," Tamis-LeMonda cautions.

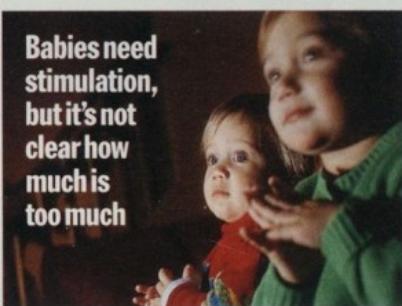
That's because babies are remarkably attuned to emotions. The best—and easiest—gift a parent can give his or her child is relaxed time when the parent is focused on the baby and follows the baby's lead. If the baby grabs at waxed paper, the adult can repeat the word paper and show him or her how it makes noise or how it can be crumpled. "The infant brain craves novel stimulation, but that can be found in ordinary nonstructured, nonmarketed things around the house," says Ross Thompson, a psychologist at University of California at Davis and one of the founders of the National Scientific Council on the Developing Child, a research organization of scientists and experts on early-childhood development.

Babies need to learn how to master new situations, but they also learn through repetition and thrive on predictability. "Having rituals, like bedtime and mealtime routines, brings order to babies' lives, which helps them organize their thinking," explains Tamis-LeMonda. Being able to anticipate future events as well as remember and create memories of past patterns fosters cognitive development. "Babies are very good at tracking statistical information in their environment," says Laura Schulz, a professor of brain and cognitive sciences at M.I.T. "They're incredibly sensitive to human action and to intentional acts in the world. They watch what people are doing to learn causal connections." Babies will grab the same object over and over, replicating experiences, testing them out, conducting their own experiments. If I smile, will Mommy smile back? Providing babies with consistent actions and reactions helps them make sense of their world and the people in it.

"When a 9-month-old raises his arms to be picked up by Daddy, that demonstrates an incredibly complex chain of learning," says Claire Lerner, director of parent education at Zero to Three, a national nonprofit focused on early-childhood development. "First the child has to have an emotional connection to his father. Then he has to form an idea: I want to be picked up. Then he has to know how to raise his arms. In that tiny vignette, you can see how complicated a baby's development is."

And how simple it is to reinforce that learning. Just pick up the baby, and start cuddling.

Babies need stimulation, but it's not clear how much is too much



sign language to be active participants in their babies' development. For the past 20 years, New York University developmental psychologist Catherine Tamis-LeMonda has been observing babies as they interact with parents in "naturalistic" environments—at home, running errands, going about their everyday lives—to see how adult involvement affects language acquisition. Through longitudinal studies, she's documented that the more parents respond to babies' cries, expressions and articulations, the earlier the children will talk and the more advanced their language skills will be at age 5. Parents who respond to babies' cues—reacting to grimaces and giggles, mimicking their sounds, extrapolating from "babba" to "bottle," labeling things they touch—help their children acquire language. This responsiveness, however, should not be forced. "If you're not en-



FULLY ENGAGED
Pizzuto, 78, counts
on painting, music
and physical activity
to clear her head

STAYING SHARP

CAN YOU PREVENT ALZHEIMER'S DISEASE?

The latest research suggests that exercising your brain—and your heart—may help

By CHRISTINE GORMAN

AURA PIZZUTO, 78, OF SEATTLE ADMITS she loses her words every now and then. An avid gardener, she will sometimes forget the name of a familiar plant. "But I know how to look things up," she says. "Or I can go to the library or call a friend." Occasional memory lapses are not going to slow down this professional artist. "I want to keep myself going so I can work and enjoy my grandchildren," she says.

To that end, Pizzuto is doing everything she can to keep her brain, as well as the rest of her body, in top shape. The odds are decidedly in her favor. For one thing, she's blessed with good genes. But she also

finds fulfillment in her painting, is active in her community, eats lots of vegetables and exercises regularly. According to the latest research on aging, those are exactly the sorts of things we all should be doing to help maintain our ability to remember, reason, make decisions and learn.

There are even tantalizing hints that those healthful habits may also prevent or delay Alzheimer's disease and other forms of dementia—although that conclusion is controversial. "I would phrase it differently," says Marilyn Albert, director of the division of cognitive neuroscience at Johns Hopkins University. "What the studies have done is to take people who are middle-aged and elderly and look at what maintains good brain health."

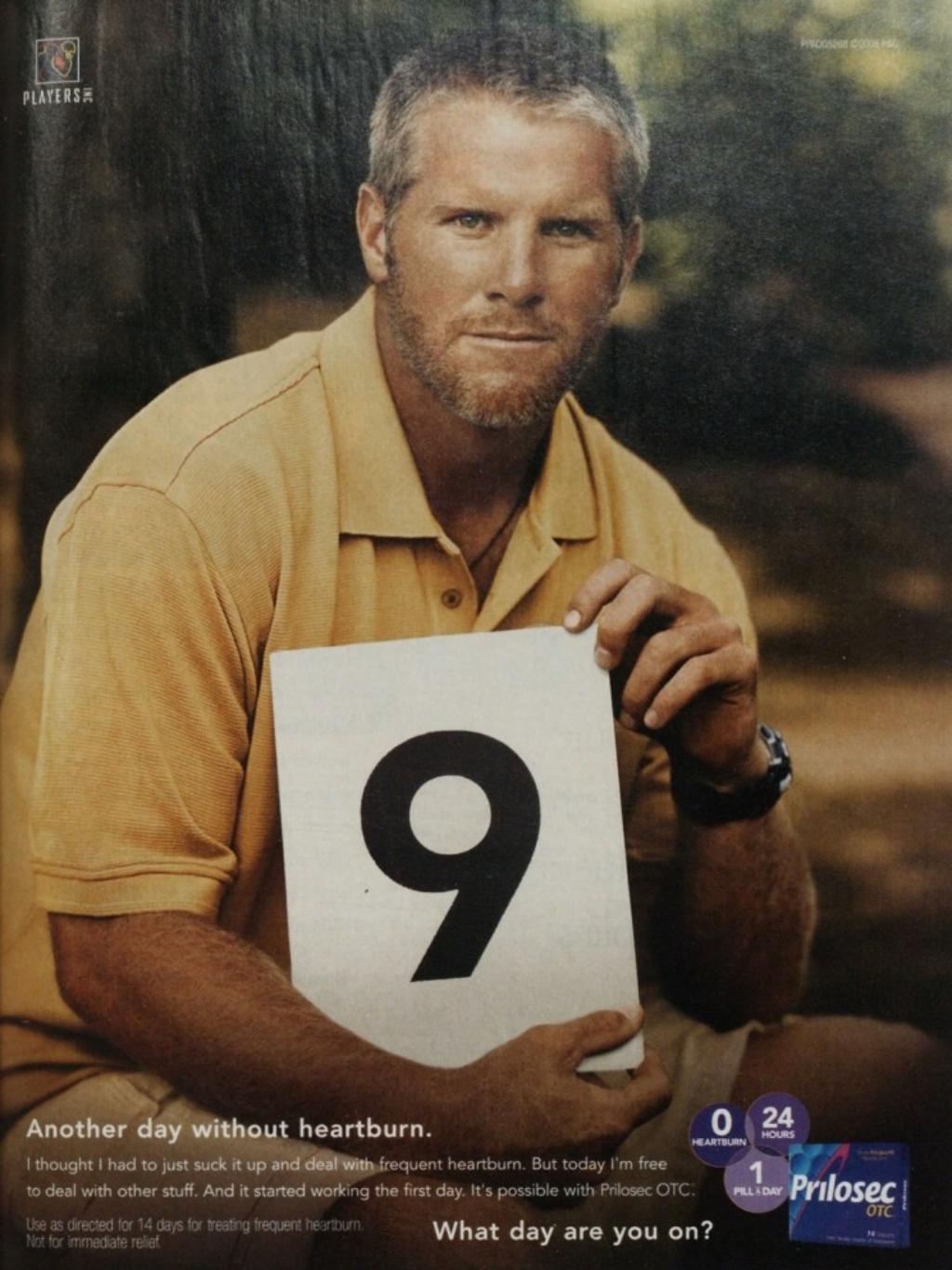
No one is suggesting that a crossword puzzle a day will keep senility at bay or that somehow it's your fault if your mental capacity fails. But given how quickly the average age of Americans is rising and how much the risk of dementia leaps with advancing years, finding anything that delays cognitive decline even a little would be of enormous value.

No wonder research looking for links between lifestyle and a healthier brain has been booming in recent years. Later this month the journal *Alzheimer's & Dementia* will publish a long-awaited report prepared for the National Institutes of Health that summarizes what scientists know and don't know about improving cognitive and emotional health in the elderly. And the fourth major study on the role of exercise will be published in the *Annals of Internal Medicine* by the Center for Health Studies in Seattle (Pizzuto is one of the 1,740 participants).

Along the way, neurologists have discovered that the brain is much more adaptable as it ages than they realized. They have determined that the so-called plasticity of the brain, which allows the formation of new neurons as well as new connections between those neurons, can last a lifetime. "As far as our brains are concerned, learning something new or even retrieving something from memory is a plasticity re-



PLAYERS



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0
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24
HOURS

1
PILL A DAY





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sponse," says Molly Wagster of the National Institute on Aging. It may get harder as you age, but if you can teach an old brain new tricks, you might, just might, also be able to keep it functioning well into the 90s.

One of the top ways to take care of your mind, it turns out, is to make sure your heart is performing at its best. And there's nothing like physical activity to promote cardiac fitness. For some people, that will mean participating in an aerobics class three or more times a week. For others, walking as fast as they can half an hour a day most days of the week will do the trick. In fact, all other things being equal, people who engage in a wide variety of physical activities—like walking *and* biking *and* dancing *and* swimming—seem to be better protected against cognitive decline than those who don't.

The research linking heart and brain health is so strong that as you continue reading this article, you may get the feeling that you've stumbled into a story about how to prevent cardiac disease. But if fear of a heart attack isn't enough to get you to pamper your ticker, fear of senility just might. So think about doing your heart and your head a favor. If you smoke, quit. Get your cholesterol levels and blood pressure checked, and if they are high, get them treated. If you have diabetes, do everything you can to keep it under control. Eat at least five servings of fruits and vegetables a day, consume fish once or twice a week and cut down on the amount of trans and saturated fat in your diet. The effects appear to be cumulative. A study published in August found that folks with three or more major cardiovascular risk factors—for example, hypertension, diabetes and current smoking—were more likely to develop Alzheimer's disease as well.

Why is cardiovascular fitness so important to cognitive health? Researchers used to think it was all about making sure that plenty of oxygen-rich blood made it to the brain. Now they are starting to suspect there may be more to it. In laboratory animals, at least, exercise also seems to stimulate the body's production of certain molecules called growth factors, which help nerves stay healthy and keep functioning. "We don't understand a lot about why this happens," says Arthur Kramer,

a researcher at the University of Illinois who uses brain scans to study the effects of exercise. "But we're learning more about that."

A healthy cardiovascular system may even, to some extent, compensate for tiny defects in the brain. Doctors have long known that suffering one or more strokes, which interrupt the flow of blood to the brain, increases the likelihood of dementia. They assumed that Alzheimer's disease was a completely unrelated problem. In fact, a long-running study of a group of nuns who agreed to donate their brains when they died has found that isn't necessarily the case. About a third of the nuns whose brains at autopsy showed clear signs of the plaques and tangles associated with Alzheimer's disease had exhibited normal

build up a healthy cognitive reserve to offset the declines of old age, though the idea remains theoretical.

Several studies have found that folks who regularly engage in mentally challenging activities—like reading, doing crossword puzzles or playing chess—seem less likely to develop dementia later in life. The difficulty comes in figuring out whether their good fortune is a direct result of their leisure activities or whether their continuing pursuit of those pleasures merely reflects good genes for cognitive function.

A 20-year survey of 469 elderly people living in the Bronx, N.Y., tried to get to the bottom of this chicken-or-egg question by following subjects who had no signs of dementia in the first seven years of the study. The results, which were published in 2003,

showed that reading and playing board games or a musical instrument was associated with a decreased risk of Alzheimer's disease or other forms of dementia. Intriguingly, those with the strongest habits demonstrated the greatest benefits. Participants who solved crossword puzzles four days a week, for instance, had a 47% lower risk of dementia than those who do the puzzles once a week.

By the same token, several studies have suggested that older folks who are socially active—who, for example, do volunteer work or attend religious services—have a reduced risk of dementia. There are, of course, plenty of caveats that go along with those observations, including the same old chicken-or-egg problem that haunts all observational studies: In this case, is withdrawal from society a cause or result of Alzheimer's disease?

So where does this leave us? "I use a thermostat analogy with my patients," says Dr. Laurel Coleman, a geriatrician who sits on the board of the Alzheimer's Association. "Let's say you're dialed in to get Alzheimer's disease at 82. You may be able to push that back until maybe you're 92." Depending on where their personal thermostat is set, some people will do everything right and still develop dementia in their 50s. Others will do everything wrong and be perfectly lucid at 101. Most of the rest of us will fall somewhere between those two extremes. For now, at least, preventing dementia is still a numbers game, but one in which we're starting to grasp the variables.



NO RETIREMENT
"My work has become much more vital," Pizzuto says

memory and cognitive function until the day they died. The difference: the blood vessels in their brains were in great shape.

That doesn't mean those women wouldn't eventually have developed dementia had they lived long enough. But the study suggested to a lot of physicians that good vascular health may make it easier for a brain with incipient Alzheimer's to work around the plaques and tangles in its midst.

Now that you've got your body running along smoothly, are there any mental gymnastics you can do to keep dementia at bay? The evidence is provocative but not terribly compelling. There's no question that you can improve your ability to remember names or other bits of information by practicing memory tasks, just as practice will help you learn a new instrument or another language. A number of researchers have proposed that a lifetime of such efforts could allow you to



VIRTUALLY
EVERYTHING THAT'S
GOOD FOR YOUR
HEART ALSO HELPS
YOUR BRAIN

BRAIN CALISTHENICS

A 20-minute mental workout

GETTING SMARTER ISN'T JUST A MATTER OF HITTING THE LIBRARY. Researchers say the mind can be strengthened, just like your muscles, with regular training and rigorous practice. That doesn't mean spending hours puzzling out complicated brain teasers. Instead, focus on solving a lot of straightforward problems that require bursts of concentration. For starters, here's a sample brain warm-up for a quick mental recharge. If you feel you're a bit sluggish, try repeating similar exercises daily to get your brain back in shape. For answers, benchmarks for measuring your performance and more puzzles to solve, visit time.com/puzzles. —By Jeremy Caplan

1 WORD TRICKS (STROOP TEST)

INSTRUCTIONS: Say the color the word is printed in, not the word itself. Try to say all 10 without a mistake within 15 seconds.

Blue Yellow Red Green Yellow Green Blue Red Yellow Red

2 SOUND TRACKING

INSTRUCTIONS: Count the syllables in the phrases in red. Can you do it in your head (without using your fingers) in less than 45 seconds?

Reading is to the mind what exercise
is to the body.

—Sir Richard Steele

Brain: an apparatus with which
we think that we think.

—Ambrose Bierce

Nothing fixes a thing so intensely in the
memory as the wish to forget it.

—Michel de Montaigne

3 RAPID RECALL

INSTRUCTIONS: Memorize these 30 words by studying them for two minutes. Then put away the list and, using a separate sheet of paper, see how many you can remember in two minutes.

circle	pilot	tubing	apple	midnight	sleigh
bread	rope	pottery	mind	bell	folder
dog	office	shape	head	problem	train
sister	map	edge	kite	flap	account
coat	thunder	section	brand	point	wallet

4 SUDOKU

INSTRUCTIONS: No math required! Just fill in the grid so that all nine columns down, all nine rows across, and all nine 3-by-3 boxes contain the numerals 1 through 9, each used only once.

			5			2	
1		4		7			6
6			4			1	
			1		4	8	
	8						7
9			1	2		8	
		2			4		5
	1			8		3	4
		7			9		

5 SPEEDY SUMS

INSTRUCTIONS: Complete these 10 simple equations in less than 20 seconds. Seem too easy? Even basic math requires focus.

$$6 \times 7$$

$$15 - 6$$

$$13 + 4$$

$$3 \times 9$$

$$16 \div 4$$

$$19 - 8$$

$$8 \times 5$$

$$9 + 6$$

$$6 \div 2$$

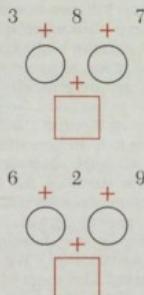
$$4 \times 8$$

6 QUICK COUNTING

INSTRUCTIONS: Count to 120 out loud in less than a minute. Make sure to articulate the syllables to practice rapid, accurate mind-mouth coordination.

7 TRIANGLE MATH

INSTRUCTIONS: Add the first and second numbers, then the second and third. Combine.





Is your asthma
really under control,
or do you just
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Ask your doctor about adding SINGULAIR.



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Please see the Patient Product Information on the adjacent page and discuss it with your doctor.

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Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR®?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. SINGULAIR is not a steroid. Blocking leukotrienes improves asthma and allergic rhinitis. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma and allergic rhinitis:

1. Asthma.

SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

2. Allergic Rhinitis.

SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

(See end of this leaflet for more information about allergic rhinitis)

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- Pregnancy:** If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- Breast-feeding:** If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- Medical Problems or Allergies:** Talk about any medical problems or allergies you have now or had in the past.
- Other Medicines:** Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicine unless your doctor tells you to.
- If your doctor has prescribed a medicine for you to use before exercise, keep using that medicine unless your doctor tells you not to.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules are given:

- directly in the mouth;
- dissolved in a spoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream. Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the daily dose of SINGULAIR for asthma or allergic rhinitis?

For Asthma (Take in the evening):

- One 10-mg tablet for adults and adolescents 15 years of age and older;
- One 5-mg chewable tablet for children 6 to 14 years of age;
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For Allergic Rhinitis (Take at about the same time each day):

- One 10-mg tablet for adults and adolescents 15 years of age and older;
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age,
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

- The most common side effects with SINGULAIR include:
- stomach pain
 - stomach or intestinal upset
 - heartburn
 - tiredness
 - fever
 - stuffy nose
 - cough
 - flu
 - upper respiratory infection
 - dizziness
 - headache
 - nausea

Less common side effects that have happened with SINGULAIR include (listed alphabetically): agitation including aggressive behavior; allergic reaction including swelling of the face, eyes, tongue, and/or throat, which may cause trouble breathing or swallowing); hives, and itching; bad/vivid dreams; increased bleeding tendency, bruising, diarrhea, drowsiness, hallucinations (seeing things that are not there), hepatitis, indigestion, inflammation of the pancreas, irritability, joint pain, muscle aches and muscle cramps, nausea, palpitations, pins and needles/numbness, restlessness, seizures (convulsions or fits), swelling, trouble sleeping, and vomiting.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, you should call your doctor right away if you get one or more of these symptoms:

- feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. Keep SINGULAIR and all medicines out of the reach of children.

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can also ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is triggered by indoor allergens such as dust mites, animal dander, and mold spores.
- Symptoms of allergic rhinitis may include:
 - stuffy, runny, and/or itchy nose
 - sneezing

Rx only

Walter Kirn

WHAT'S SO GREAT ABOUT ACUITY?

AS A CHILD, I MEASURED MY MENTAL DEVELOPMENT (AND I was the sort of child, I confess, who found his own mental development fascinating) by the complexity of the jigsaw puzzles I was able to complete. As I learned to do puzzles with smaller, more numerous pieces, graduating from simple farmyard scenes to detailed panoramas of city skylines, I felt better and better about myself. The adults in my life seemed to feel better about me too. But then something unexpected happened. One afternoon when I was 10 or so, I finished a 1,000-piece puzzle of the Milky Way and came to the realization that, puzzle-wise, I'd done all that I could do—meaning all that a normal child should ever wish to do. I realized that to master more difficult puzzles would be a sign not of desirable growth but of troubling compulsion.

I think back to that fiendishly complicated puzzle of stars and planets and whirling gas clouds whenever I think about the promise of human-intelligence enhancement. How much quicker and more acute do people really want to be? How many more bits per cubic inch of gray matter do people wish they could store? People whose minds are generally healthy, that is. People who, for their age and condition, are already smart enough.

The devilish problem, of course, is defining "smart enough." Enough to accomplish what, precisely? To make a living or to make a killing? And smart enough to satisfy whom? An employer who wants you to do your work by quitting time or one who wishes you had finished it yesterday? Being able to do what must be done is liberating, but being able to do whatever might be done (or whatever your driven ego or pushy boss might conceivably demand) can be enslaving.

And does anyone really want to be brilliant all the time? Though heightened intelligence would seem to be a universally desirable goal, not all tasks and stages of life demand the amped-up cognitive speed and processing power the new regimens and medications may make possible. Becoming a parent,



for example, I read somewhere once that many mothers and fathers suffer a rapid, appreciable drop in IQ after their babies are born. This, if true, is a huge gift from nature. Diapering, feeding and comforting little ones demands dumb endurance, in my experience, not penetrating cleverness. Thinking too clearly while cleaning up diarrhea on two hours' sleep in a house that you've just realized is one room too small and two times too expensive can make you suicidal.

And yet people dream of aping their computers, which grow measurably more agile every six months. Not wiser or saner or more truthful, those immeasurable human qualities that are extolled by priests and poets, but just better at handling elaborate graphics, say, or performing multimillion-variable calculations. Assuming that we can keep up with these machines, where will it take us as a society? When the shared ideal is to be like Mr. Spock instead of Dr. Spock, and to emulate Dr. Jonas Salk rather than Marcus Welby, M.D., who will stroke humanity's fevered forehead? No one, I fear, unless we use our brainpower to develop an altruism pill.

Genius goes only so far—at least in the current, cybernetic sense. In terms of sheer neurological acuity, how would Jesus or the Buddha have ranked? And how would your dear old grandfather have scored—that guy who could whittle a cottonwood twig all day and invent new bedtime stories every night? How often, now that the fellow isn't around, do you catch yourself wishing he'd been sharper, swifter? Quite often, perhaps, if Grandpa suffered from Alzheimer's, but what if he was just a wee bit ... plodding?

It's unrealistic to expect that people will forgo easy intelligence enhancement out of some

fear that it may turn them into sociopaths obsessed with the goings-on inside their skulls and negligent about the outside world. The rat race keeps accelerating, and the labyrinths in which it is run are growing more complicated by the hour, it seems—as are the technological devices that are meant to help us through their tricky passages. If many more features are added in the next year to the average cell phone, for example, I may have to retire to a cave and survive on campfire-roasted venison. My synapses are on overload as it is.

Still, it seems important to remember that intelligence—human intelligence—involves a lot more than problem-solving skills or memory capacity. Sometimes the challenge of being a person is to recognize that the task at hand should be performed later, considered from a new angle or, if it's a waste of time, ignored. That's why, at age 43, I'm not at work on a 600,000-piece jigsaw puzzle depicting Australia's Great Barrier Reef. I was smart enough to know at 10 that it's not what one can do that matters but what's worth doing.

Kirn works and lives in Montana. His most recent novel, *Mission to America* (Doubleday), was published in October

They came; we saw them; they conquered. Here are seven people who raise acting to a living art

"Audiences don't know somebody sits down and writes a picture," says the cynical scenarist played by William Holden in *Billy Wilder's 1950 *Sunset Blvd.** "They think the actors make it up as they go along." O.K., most actors don't write their own dialogue. But they are more than handsome lugs and ladies. They are the script's words made flesh, the director's dreams embodied. And for us people out there in the dark, actors are our best, our baddest, our deepest and most glamorous selves.

An actor doesn't need to think up a picture. He can just take it over, make its personality his. *Hustle & Flow* might sputter without the seductive screen intelligence of Terrence Howard. An actor can anchor a movie, as Maria Bello does in *A History of Violence*, or steal it, like Gong Li in *Memoirs of a Geisha*.

It's great to see a lifetime of craft and care in Tommy Lee Jones' face; and to find, in Owen Kline, now 14, the boldest understanding of a weird, endearing kid.

In an awards season that revs up next Monday with the Golden Globes and peaks on March 5, Oscar night, some of the actors celebrated here will hear their names called; some won't. We're not giving out statuettes, just thank-you notes to seven people who wrote their artistry on the screen. —By Richard Corliss

Great Performers



SCARLETT JOHANSSON

Match Point

She's blond, she's curvaceous and configured, and she has those remarkably proportioned lips. Naturally, in tabloid land, they figure Scarlett Johansson for the latest in the long line of movie bombshells dating back at least to Jean Harlow. That is an image that her appearance as Nola Rice, tragic fulcrum of the plot Woody Allen has devised for his well-received new movie, *Match Point*, is bound to enhance—except with Johansson herself: "I never think about that stuff. I like to think of myself as, I go to work and I act. It's my professional life."

Match Point, as it happened, was a perfect test of her professional skills. Hired to replace Kate Winslet on a week's notice, Johansson arrived on a London location

never having met Allen or any of her fellow actors and was obliged immediately to plunge into one of her crucial scenes, in which, half drunk, she (temporarily) fends off the advances of Jonathan Rhys-Meyers, playing a character who may soon be her brother-in-law. She was at the time, 19, and although she had been acting in movies for a decade, she had more often been a chastely yearned for object (*Lost in Translation*, *Girl with a Pearl Earring*) than an active participant in a dark romance.

Johansson, 21, certainly does not see Nola as a femme fatale. To her, Nola is "a survivor—trying to make it any way she can." Maybe so. But one can also profitably see her as an acutely observed projection of a typical post-adolescent female, sexually venturesome ("No one's ever asked for their money back"), capable of a childish petulance

and willfulness, yet also able to view with harsh, accurate cynicism the world of privilege she wants to join and needs to reject.

In short, she's a complex handful—resisting her fate as a victim while lacking the smooth social skills and emotional coolness of her upper-crust tormentors. Johansson brings to the role a ferocity touched by terror that is new to her work. And impressive. It surely draws on Allen's rich writing but not necessarily his directing. He's famously hands-off in that department, which is just fine with Johansson. "I guess he hires actors he thinks will be capable of rounding out the characters he's written," she says. "I think actors appreciate that kind of respect." Allen has returned the compliment in the most meaningful way he can, by hiring Johansson for his next picture. It's a comedy called *Scoop*. And it's already in the can. —By Richard Schickel.

Reported by Carolina A. Miranda

OWEN KLINE

The Squid and the Whale

Frank, the 12-year-old in *The Squid and the Whale*, gets a double dose of bad luck. The breakup of his parents' marriage comes just as Frank has hit puberty—hit it like a crash-test dummy slamming into a granite wall. In no time he has become a heavy drinker and a chronic masturbator while somehow remaining a sweet, devoted kid. The great trick is in the "somehow." Somehow Owen Kline embodied that bundle of complexities, found the pathos and comedy in poor Frank's turmoil.

Breeding plays a part. Owen, 14, is the son of actors Kevin Kline and Phoebe Cates. Serendipity helps too. Writer-director Noah Baumbach had shown his script to friends Kline and Cates. When he was having trouble casting the role of Frank, his



wife Jennifer said, "We need someone like Owen, someone who is soulful and funny." Cates and Kline let their son audition and, when he was chosen, were on the set with him. The "tough" scenes (spilling his seed in school, trying on his first condom) were the easiest, Baumbach says: "It actually was just faking things." The real challenge came when Owen had to cry.

"When the parents announce that they're breaking up, we did that scene a few times," says Baumbach, "and Owen really could cry in each one. It was very touching and at the same time so impressive. It's talent."

A tribute to young Kline's talent is that viewers of the film assume that he must be a bit...troubled. With a fearful sympathy, they ask Baumbach, "How is Owen?" His answer: "Owen couldn't be a better kid. He is so mature, so sane. I love him."

The teen is not pursuing an acting career, but he's not exactly idle. He makes movies with his friends, does graphic novels, designs his own clothes and plays drums. "The last time I saw him," Baumbach says, "he was playing Bob Dylan on the ukulele." If folks come up and ask Owen Kline about poor Frank, he could sing, "No, no, no, it ain't me, babe." —R.C. Reported by Desa Philadelphia/Los Angeles

mances

GONG LI

Memoirs of a Geisha, 2005, Eros

Gong Li, mainland China's first superstar actress, is a toughie. Something in her glance, her posture, her soul knows that passion is pain, to be dished out or endured. It's an iron will that directors—starting with Zhang Yimou, her mentor and onetime companion—love to see broken.

In Wong Kar-wai's 2004 film *Eros*, she plays a hardened gambler whose ego and heart get bruised one Christmas Eve. In Wong's contribution to the three-part film *Eros*, she is a notorious courtesan who loses her looks

and luck over the course of two decades. In *Memoirs of a Geisha*, her first Hollywood film, she is Hatsumomo, tormentor of the heroine (Ziyi Zhang) and one of the greatest bitch goddesses since Bette Davis in her prime.

Not at all in the China-doll mode of Ziyi Zhang, or of so many American actresses who want to play the eternal teen, Gong Li, 40, is Woman in all her allure, majesty and threat. There is architectural drama in the severe planes of her face, and her slimly voluptuous figure could grace the prow of a China Sea clipper. "We joked that if we just had a dollar for every time somebody said she was beautiful when they walked past her," says

Geisha producer Lucy Fisher, "we could've financed the whole movie. She's magnificent in every way."

Magnificent and scary. Early in *Geisha*, when Hatsumomo discovers the young heroine in her room, Gong Li's glare was so intense that the child extra in the scene started sobbing and had to be replaced. "No one was touching her," says Fisher. "It was just the power of Gong Li's look."

For ages the actress resisted offers to go West. But her reluctance dissolved with *Geisha*. "I didn't even know what potential I had before making *Geisha*," she says. She is now shooting the Michael Mann film version of *Miami Vice* (with Jamie

CATHERINE KEENER

Capote

SHE PATIENTLY POURED oil on Capote's roiled waters. She was skittish, slightly wounded but also discreetly sexy in *The 40-Year-Old Virgin*. She was tough, omnicompetent and smart-mouthed as an FBI agent in *The Interpreter*. And she did the best she could to assert the reality principle amid the general incompetence of *The Ballad of Jack and Rose*. In 2005 Catherine Keener was everywhere, in big pictures and small, in hits and flops, quietly but insistently asserting her claim to being possibly the best character actress working today.

At 46, she's tall and slender with a throaty laugh and the kind of honestly pretty face that bespeaks the no-nonsense attitude of a supporting actress who really believes in supporting her fellow players. "I don't have the looks to be a Hollywood diva," she says. What she has is a love for those acting communities that quickly form to make a picture (and as quickly disperse). "That's why I'll go on something based on the



WANICK SAINT-CONTOUR PHOTOS



PHOTOGRAPH BY RANDY GROSS

Keisha Castle-Byers (left) and Terrence Howard (right) star in *Hustle & Flow*.

FOXX and Colin Farrell) and will then be in Peter Webber's *Lester* prequel *Young Hannibal*. "I don't feel this is a big barrier for me anymore," she says of acting in English. (Mind you, she says it through a translator.) "I'm very pleased to be working with the best American directors."

Soon the *Gangster* will be working again with one of the world's best directors: Zhang Yimou. The pair who opened the world's eyes to Chinese cinema, together for the first time in a dozen years! We can already envision the drama on the set: the passion, the intensity . . . and that molten stare. —R.C. Reported by Desa Philadelphia/Los Angeles

director," she says. "If you're working with a director you respect, they're going to accrue people who are similar-minded. They want to work. And they want to have a good time. That doesn't mean pranks and laughter. [It means] you just feel satisfied at the end of the day."

That's a feeling she particularly took away from *Capote*, in which she played the writer's lifelong best friend, novelist Harper Lee. Lee is a reclusive personality, and the part is essentially a passive one, but she is the only secure anchor in *Capote's* demonically narcissistic reality. The film's director, Bennett Miller, cites a seemingly small moment in the film as an example of Keener's brilliance. Lee and Truman Capote are at a party after the premiere of the movie version of her one book, *To Kill a Mockingbird*. It's her night, but he's spoiling it with obsessive talk about his unfinished book *In Cold Blood*. She asks him how he liked the film. He rattles on, totally ignoring her. She drops a gentle hand on his shoulder. "If you read this on a page," says Miller, "it's so simple. She hardly says anything. But when you look at what she did,

it's the whole movie in a nutshell. There's so much complexity there: from disgust to respect to compassion and understanding. She's wise in that moment."

Characteristically, Keener makes little of it. "I didn't have a plan," she says. "I just knew Phil [Philip Seymour Hoffman, playing Capote] was going to carry me through it. All I knew was that I had to clear his face so that the camera could get both of us."

Of course, she knows, deep in her heart, that there's more to it than that. Acting is all about mobilizing emotional intelligence and then disciplining it so that all the hard observational work results in a gesture so simple and right that an inattentive eye might miss it. But that's all right with Keener. Hers has been a late-blooming career, shaped until recently in movies in which she was often the only thing worth watching. She's obviously happy now to be in better films. Character roles of the kind she's currently getting, she says, "are often very well written—they're not by the numbers. There's freedom in that." —R.S. Reported by Carolina A. Miranda/New York

NICK DENTON/COMICS ONLINE



TERRENCE HOWARD

Hustle & Flow, Crash

He exudes a charismatic musk as DJay, the pimp turned rapper in the indie film *Hustle & Flow*. Those soft eyes, the feline athleticism, a voice that can caress subtlety into any dialogue—viewers get a taste of that, and in a minute they say, "This guy's a natural star." And a second later: "Who is he?"

He is Terrence Howard, and in the past year, Hollywood has started to figure him out. His work as DJay, for which he received a Golden Globe nomination, and as Cameron, the movie director on the receiving end of racism in *Crash*, has earned him offers to play, he says, "a million different villains" as well as every black luminary with a biopic in the works: Joe Louis, Thurgood Marshall, Rick James. Howard calls the attention "overwhelming. Because you know you haven't done anything different. You start becoming real superstitious. You don't know what it is, and you don't know when it will go away."

Howard, 36, hasn't lacked for work. In 2005 he appeared in enough films, TV movies and direct-to-video dramas (seven!) to make Catherine Keener seem a slugsabed. But as a kid, passed from mother to father to great-grandmother, he learned the hard way about salesmanship. He conned his way into a small part on *The Cosby Show* by inventing a résumé. An actor has to hustle himself to get into the flow. "It's up to every performer to buy the stage," he says. "And if you've got to pay the first audience to get in there, do it. Have a buffet for 'em. And the momentum they get in there, you pour yourself out for them."

Now that Hollywood is buying, the actor has leveraged his success by starting a production company and writing a script for a musical drama he would star in. "My stock just went up," he says. "I can sell it right away and make a little profit, or I can hold on to it. I believe in this company, so I'm not trading in."

The big guys should invest in Terrence Howard. We think he's a blue chip. —R.C. Reported by Desa Philadelphia/Los Angeles



MARIA BELLO

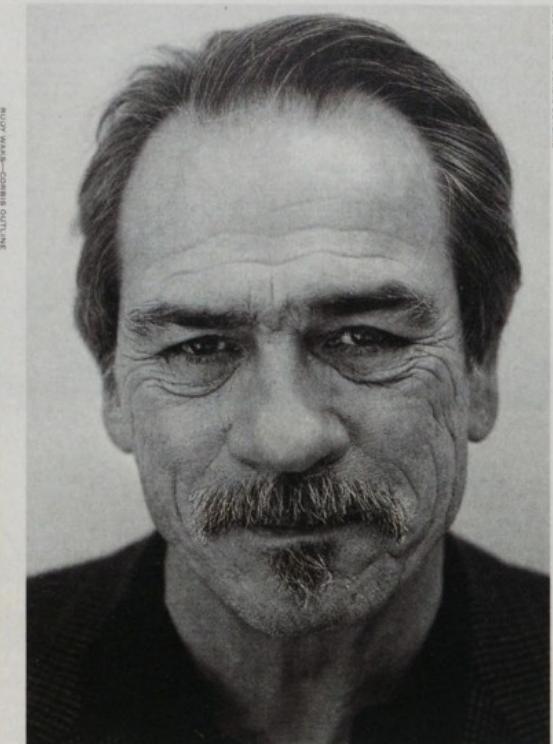
A History of Violence

It's called *A History of Violence*, and there's plenty of that, but the movie could also be called *The Mystery of Sex*, for two scenes shared by Maria Bello and Viggo Mortensen. In the first, Bello, the doting Midwestern wife and mom, dons her old cheerleader togs for some playful whoopee with Mortensen, her placid, stalwart hubby. In the second, all hell breaks loose on the stairs of their home. The sex is angry, feral, more an act of fury than of love, and she might be doing it with a different, more dangerous man.

"It was exhausting," Bello, 38, says of that scene, shot over a day and a half and largely improvised. "The next day, my entire body was filled with bruises. The inside of Viggo's mouth was bitten, and his arm was blown up." The director, David Cronenberg, laughed when he saw them. "He said he felt good that we had 'taken one for the team.'"

In a movie of shifting identities, Bello is the one stable character, the rock in a hard place. The clarity and power she brought to the role won her a New York Film Critics Circle award and a Golden Globe nomination. It is a nice step up for the blue-collar kid from Philly, who distinguished herself in *E.R.* and as William Macy's girlfriend in *The Cooler*. "I had my first dress fitting last night," she says, beaming. "I was like Cinderella."

Cinderella got the prince, Bello the bruises. Both are marks of victory. —R.C.
Reported by Desa Philadelphia
and Jeffrey Ressner/Los Angeles



TOMMY LEE JONES

The Three Burials of Melquiades Estrada

HE'S BEEN A MURDERER (Gary Gilmore in *The Executioner's Song*) and a relentless lawman (Marshall Sam Gerard in *The Fugitive*). He married Loretta Lynn (*Coal Miner's Daughter*), saved the world from aliens (*Men in Black*). But the coolest thing Tommy Lee Jones does is ... nothing. Nothing, anyway, that Stanislavski could detect. (He never took an acting class. Didn't matter. Within weeks of graduating from Harvard, he landed a role in a Broadway play.) Jones just puts that

rugged, West Texas face on the screen and observes the world with a rattlesnake's poise. He does watching a whole lot better than most actors do.

In *The Three Burials of Melquiades Estrada*, he plays Pete Perkins, a ranch foreman whose Mexican friend Melquiades is killed by a hot-headed border-patrol guard (Barry Pepper). As an act of respect, Pete vows to return Mel's body home; as a moral lesson, he resolves to take the killer with him. At riflepoint.

The film grew from Jones' friendship with screenwriter Guillermo Arriaga (*Amores Perros*, *21 Grams*). For the Texan and the Mexican, a film about the border patrol struck sparks. "I want to make movies

ANTONIO SABATO-JUNIOR/NETFLIX

about my country from my point of view," Jones says, "and Arriaga feels that way about his country. You can't spend a lot of time in the Rio Grande Valley without realizing that those countries are the same." The two men's collaboration worked out handsomely: they won the actor and screenplay prizes at Cannes.

Some people who have worked with Jones, 59, call him prickly. A few leave off the *Iy*. In an interview, he doesn't grade questions on the curve. Is *Three Burials* his homage to the Texas landscape? "Homage is not the kind of language that would often be heard in those parts." What about the film's political meaning? "To explain what it means is self-defeating. I could have written a political essay. I made a movie."

But why direct it? To be in control. "That's a good motivation right there, to satisfy one's lust for creative control," he says. And he adds jokingly, "As the director, I also had a part that might appeal to a very expensive actor so much that he might work for almost nothing"—and in the bargain, give an eloquently terse reading of a man's man, driven by urges that are too deep to be expressed in tears or shouts but are visible on Jones' face—if you watch him as closely as he watches the world.

This cowboy-curmudgeon acknowledges he's pleased by the praise for a film he's proud of. "All my life I've had the privilege to make my living with my imagination," Jones says, "and the most important thing has been to see my creative life grow. I was educated to do that and have lived accordingly."

Thus spake the sage of the sagebrush. —R.C. Reported by Desa Philadelphia/Los Angeles

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Lisa Alcorn, Training Supervisor



Verizon Wireless Store

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Joel Stein

You're Sure This Is How Shakespeare Did It?

A (recently arrived) insider's look at the working day of a sitcom writer

I DIDN'T KNOW HOW MUCH PEOPLE HATED TELEVISION. THIS may be because whenever I walk into anyone's house, they leave the TV on the entire time we're talking. That may, upon reflection, be a subtle hint I'm not catching. Still, I got some sense of how much they hated it when I left TIME to write for a sitcom. People thought I was selling out or too lazy for journalism or, like all good Americans, desperate to meet Ryan Seacrest.

But I didn't feel like I was selling out, since I've always loved television, far more than I love movies. So last year I begged for a job writing for *Crumbs*, a new pilot I liked because it was about a family that lied about every facet of its members' lives until the mom went crazy. Luckily, *Crumbs* wanted to hire me because, after eight years in journalism, I could be had cheap. This still didn't work out well for them. Which is why I'm trying to make it up by plugging the show. *It premieres this Thursday! 9:30 p.m. E.T. ABC! Jane Curtin! Fred Savage! William Devane! Tell your friends with Nielsen boxes!*

On my first day at the new job, having absolutely no experience, I was panicked about the prospect of being sent off to write. So I was glad when our morning meeting stretched past the two-hour mark. But by 4 o'clock, after we had ordered lunch and eaten it around the conference table, I was a little freaked out. G-8 meetings don't last that long.

That's when Marco Pennette, the creator of the show, informed me this wasn't a meeting. All sitcom writing, it turns out, is done by committee. One of the writers eventually says something that makes everybody laugh. Then Marco approves it, and a writers' assistant, who sits at a nearby desk and never talks, types it into the script, which appears on huge TVs on either side of our table. This, I was surprised to learn, is exactly how Shakespeare wrote.

At the meetings, Marco asks us for ideas, and we bore him with personal stories that have nothing to do with any of the characters but serve as therapy for us. I have learned so much about my fellow writers' demented parents and deceitful exes that I am certain when this ends none of us can be friends. After we've wasted time on that, Marco gives us a really bad premise,

such as an episode in which the mother-in-law comes. We all pretend it's a good idea and spend most of the day figuring out funny stuff that our characters would do with a mother-in-law and whether Bea Arthur or Cloris Leachman would be funnier playing her. Our concepts are so bad that Marco eventually realizes what a terrible idea a mother-in-law episode would be. Then he yells, "Come on, guys, we have to get this! Focus!"

When we do finally come up with something, we spend another day or two working on a detailed, seven-page outline that we show to our studio, Touchstone, and then to ABC. They make improvements along the lines of asking "Could it be a Ukrainian baby instead of a Chinese baby?" Then Marco sends the "writer" of the episode off to "write" the dialogue, although every line will be completely rewritten around the conference table.

Throughout all this nonwriting, we're eating meals we have ordered or nervously snacking on nuts and candy or sending out production assistants to buy us complicated coffee drinks and, at least on two occasions, Slurpees. In six months, I have gained 10 lbs. The other thing I was unprepared for, besides the amount of eating we do, is the way my fellow scribes choose to converse. At TIME, I was the guy who said inappropriate things at meetings. That was not only a lot of fun but also prevented me from being invited to a lot of meetings.

But at *Crumbs*, I'm like the nun sent to *Deadwood*. I did not imagine my next job after TIME would involve extended daily discussions about the two female writers' labia.

Although I'm not very good at the group-writing part, I believe that at our Friday-night tapings, I add a certain amount of enthusiasm, which the other writers refer to as "annoying behavior." My excitement, however, is dwarfed by the audience wrangler, who entertains tourists who have volunteered to sit through a 4-hr. taping of a 22-min. show they've never heard of. To keep them engaged, he juggles, practices hypnosis and occasionally interrupts their fun to watch our actors perform. This is why laughter on sitcoms is so inappropriately loud. We actually have a laugh-track guy whose main job is to lower and remove audience response. Also because the few times my lines make it into the script, I tend to yell, "Oh, man, now that's a good one!" ■

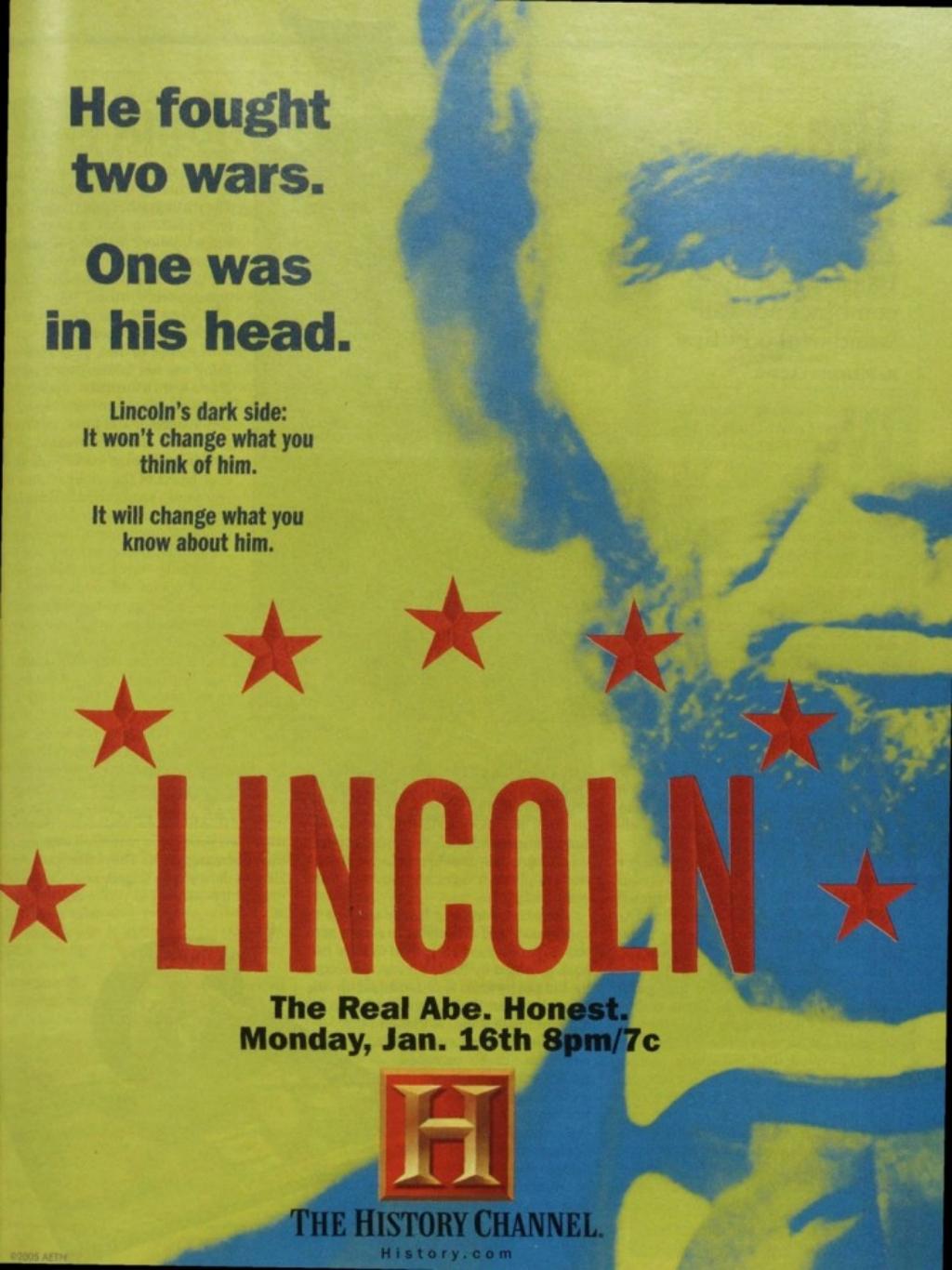


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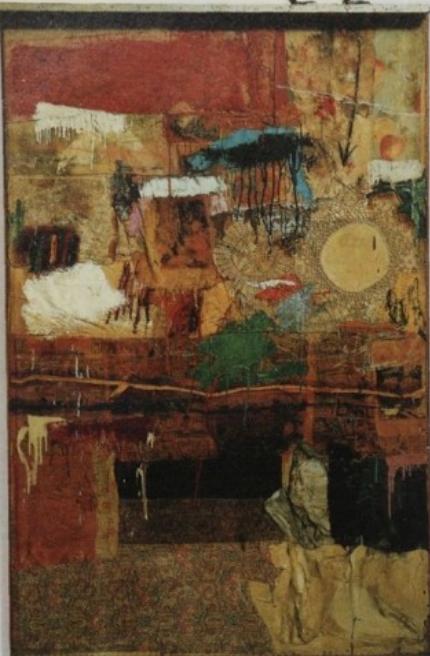
Decades later, Rauschenberg's combines are still wonderful oddities

By RICHARD LACAYO

WHEN ROBERT RAUSCHENBERG moved to New York City in 1949, Abstract Expressionism was at the height of its art-world prestige. What that means, of course, is that it was ready for somebody to kick it in the pants. Enter Rauschenberg, with his new shoes on. It wasn't that he hated Jackson Pollock and Willem de Kooning. To a man of his unbridled disposition, their vigor, their free gestures on the canvas were bound to appeal. But within a few years he would arrive at something in his own work that was more loose limbed and encompassing—and a lot less solemn—than even the most tumultuous drip painting. Eventually Rauschenberg could happily include slapdash washes of paint, old shirts, a discarded sock, newspaper headlines, pictures cut from magazines and—why not?—a stuffed angora goat.

That is the work you get in "Robert Rauschenberg: Combines," a sumptuous, witty survey that continues through April 2 at the Metropolitan Museum of Art in New York City and then moves to Los Angeles, Paris and Stockholm. *Combines* was Rauschenberg's term for the big, hard-to-classify works—were they paintings? sculptures?—that he began making around 1954 and focused on for the next 10 years. With every one of them, he blithely exploded all remaining assumptions about what a work of art was supposed to be by making it into a container for everything.

Born in Port Arthur, Texas, Rauschenberg, now 80, arrived in New York by way of Black Mountain College in North Carolina, the training ground of the '50s avant-garde, where he had befriended the composer



Satellite, 1955

John Cage. Cage's ideas about chance and randomness fascinated Rauschenberg, who began scavenging the streets of New York for junk to incorporate into works like *Satellite*, in which a stuffed pheasant presides atop a canvas patchworked with fabric and photo images and covered with washes of paint.

Rauschenberg was hardly the first to apply real-world materials to a canvas or to jam disparate things together. Collage had been invented by Pablo Picasso, perfected by Kurt Schwitters and fetishized by the Surrealists. But they all practiced it on a more intimate stage. Working in the era of the Abstract Expressionists and their jumbo canvases, Rauschenberg built his works to a larger scale and gave them that industrial-strength name: combines.

Although they could appear at first to be indecipherable, on

a closer look the combines turn out to be a balance—a combination, let's say—of sense and no sense. Take that goat, for instance, the one that appears in one of his most famous works, *Monogram*. The distinguished beast, standing on a platform that is actually a Rauschenberg painting, is ringed snugly around its middle by a rubber tire. Goat equals sex drive. Tie equals bodily orifice. You choose which one. *Monogram* turns out to be a logo for the male libido.

Legible or not, that kind of thing was not to everyone's taste. If you were a formalist, dedicated to the ever more stringent purification of color and form, all those goats and chickens were dumb and demoralizing. Hadn't this guy ever heard of the sublime? But if you were a young artist looking for permission to do something utterly new, Rauschenberg's interlocking serendipities, his big yes to everything, were a key that turned in your brain. All kinds of subsequent art—Pop, installations, even performance art—would owe something to the combines.

It's an advantage of this exhibition, organized by Paul Schimmel of the Museum of Contemporary Art in Los Angeles and installed at its New York City venue by Nan Rosenthal, that it doesn't have to

give space to Rauschenberg's all too massive later output, that endless madcap extrusion. The combines were among his indisputable triumphs, and seeing them on their own makes you realize all over again their liberating power. They offer you a puzzle and dare you to unpuzzle it. Go ahead and try—as long as you're not the type

who needs all the pieces to fit.

Monogram,
1955-59



Why America Goes to War

Two provocative documentaries, both from the left, offer their views of motives for the Iraq invasion

DIRTY LITTLE SECRET: WITH RARE EXCEPTIONS, there's no such thing as a right-wing documentary. In some informal media Treaty of Versailles, conservatives got talk radio and most of cable-TV news; liberals got the nonfiction movie, which generally has a smaller audience, except when it's made by Michael Moore. Now, emerging from a long season of wounds licking after the 2004 election, the documentary left is back in the Iraq business with Eugene Jarecki's *Why We Fight* and Adam Curtis' *The Power of Nightmares*.

War II, he opposed dropping the atom bomb on Hiroshima, according to his son John, who is interviewed in the film. In his 1961 farewell address as President, Eisenhower cautioned against the sprawling "military industrial complex." To Jarecki (*The Trials of Henry Kissinger*), Eisenhower was a Cassandra unheeded. In the years since Ike issued his warning, the military budget has grown exponentially, and the complex is ever more complex, embracing the Pentagon, the arms industry, Congress, think tanks and a large slice of the media.



SONY PICTURES CLASSICS

WHY WE FIGHT: The real action, this film argues, is at the Pentagon and the think tanks

Curtis is the agent provocateur of the two. In his 3-hr. BBC documentary, subtitled *The Rise of the Politics of Fear*, he makes a breathless case that the U.S. has shifted from a liberal democracy, pledging a better life for its citizens, to a threatening oligarchy, using the specter of alien enemies (lately al-Qaeda) to keep the public in fretful subjugation. He also argues that American neoconservatives have exaggerated the danger posed by Islamic jihadists. The argument, buttressed with a sassy use of news footage and clips from old films and TV shows, zips along with the confident menace of an old horror film. Indeed, with its many questionable rhetorical devices, it's best viewed as a work of docufiction. On that level, though, the movie has its own nightmare power.

In the much calmer *Why We Fight*, the improbable hero is Dwight Eisenhower. As Supreme Allied Commander of World

So why do we fight? Because, Jarecki argues, we have all these cool multibillion-dollar toys, and we have to play with them somewhere. Iraq is seen as the great playground, both for the weapons and the neo-cons' vision of a reliable U.S. client state in the Middle East. The second part of this equation awaits history's verdict; the first part didn't work out at all. Iraq has turned out to be an old-fashioned war, one carried out by foot soldiers on dangerous patrol. The toys are not nifty long-range missiles but G.I. Joes: human beings at fatal risk.

Like a PBS *Frontline* special, but with a bit more attitude, *Why We Fight* makes a cogent case against the Iraq adventure. The film is, of course, a handbook for the converted. Those in agreement will see it; those opposed will ignore it. That is the fate of political documentaries in an age when the left mostly talks to itself. —By Richard Corliss

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PHOTOGRAPH BY GREGORY JONES

Making Monkeys of Men

Its star charms, but *Love* slips on a banana peel

AT SOME POINT DURING CBS'S CHATTY dramedy *Love Monkey*, a female focus group (i.e., my wife) asked me, "Do men really talk like that?" I don't recall if the question came when some strangers in a bar discussed why men are never content in relationships, or when one character called a Tori Amos CD "vagina music."

Men may not talk like that, but who would watch an hour of guys talking about real estate or silently playing Xbox? Like *Sex and the City*, *Love* (Tuesdays, 10 p.m. E.T.) uses fantasy to try to tell truths about mating, here focusing on Tom Farrell (Tom Cavanagh), a Manhattan record-company scout. (In the 2004 novel on which the

show is based, he was a newswriter. Journalists sell books, not TV series.) He's funny, idealistic, nice to his sister, straight available and looking for love. His portrayal may make more single women move to New York City than *Friends* did.

As with many other instances of men sharing their feelings, *Love* is better in theory than in practice. Cavanagh (*Ed*) has casual, self-deprecating charm to spare, but his support system of guy pals (including *Beverly Hills, 90210*'s Jason Priestley) is a stale trio of upscale beer-ad types. And the show's music-biz milieu is phony and dated: Tom, a supposedly individualistic taste-maker, is about as edgy as a pair of pleated khakis. (He loves Bob Dylan and Bruce Hanson! Risky!) CBS may want to avoid alienating us unhip married guys with aging CD collections, but it sacrifices the authenticity that allows HBO's *Entourage* to overcome its Y-chromosome clichés.

It's too bad, since *Love*, like CBS's superior *How I Met Your Mother*, is part of a welcome trend: shows about men who seek not run from, commitment. Let's hope some future series can better show us what real men can be like when it comes to love a bunch of girls. —By James Poniewozik

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technology that electronically identifies and dramatically reduces noise, while faithfully preserving the music, movie dialogue or tranquility you desire. Technologyreview.com reports, "It's as if someone behind your back reached out, found the volume control of the world, and turned it way, way, down." Perfect for listening to music, whether you're on the go, at home or in the office.

Enhanced audio from our best sounding headphones ever.

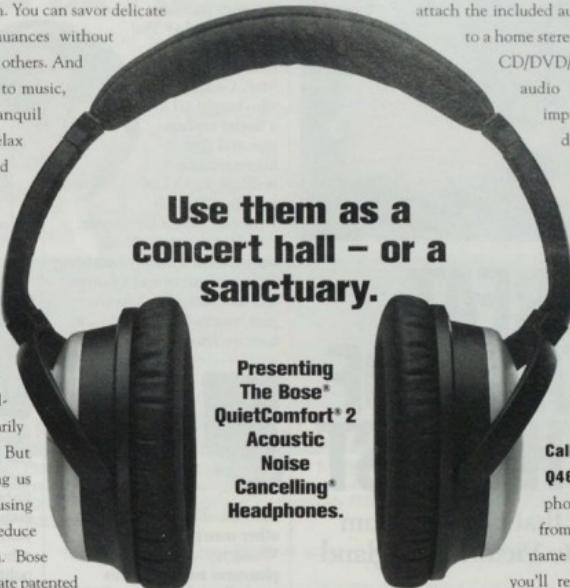
When QC2 headphones were first introduced, CNET said, "All sorts of music – classical, rock, and jazz – sounded refined and natural." Travel & Leisure Gof said, "Forget 'concertlike' comparisons; you'll think you're onstage with the band." With their enhanced audio performance, today's QC2 headphones are even better, delivering audio that's so crisp and clear you may find yourself discovering new subtleties in your music.

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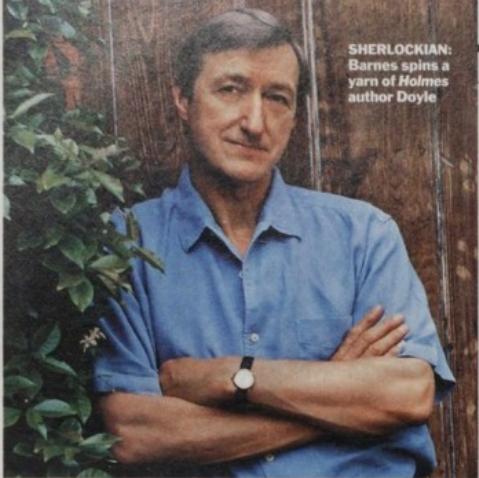
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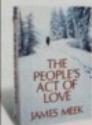
ARTHUR & GEORGE

JULIAN BARNES

GET TO KNOW

Arthur Conan Doyle: pillar of society, cricket jock and wildly successful author of the *Sherlock Holmes* mysteries, whose life of late-Victorian virtue goes all squiffy when he accidentally acquires a passion for a woman not his wife. Doyle also acquires a late-life project in the form of George Edalji, a half-Indian lawyer who was wrongfully convicted and imprisoned. Barnes, a top-shelf British novelist whose work doesn't always cross the Atlantic well, has created a slow-burning, enlargingly human tale of reasonable men whose expectations about the world

are first deeply disappointed and then strangely redeemed.



THE PEOPLE'S ACT OF LOVE

JAMES MEEK

SIBERIA, 1919.

Enter, staggering across the tundra, a half-starved revolutionary escaped from a Russian prison camp. Already onstage are a marooned regiment of Czech soldiers, a sexy lady photographer and a bizarre Christian sect of people whose zeal leads them to castrate themselves. With these chess pieces Meek stages a stunningly bleak Dostoyevskian drama, exploring the exaltation of the human spirit and the grotesqueries of the human body—the book's title refers not to sex but to cannibalism.



► THE WORLD TO COME

DARA HORN

A NERDY QUIZ-show writer impulsively swipes a Chagall

during a party at a museum. Why? The answer takes us back to the life of Marc Chagall, who taught art at a Soviet orphanage, and that of his roommate, a brilliant yet all but forgotten Yiddish writer known as Der Nister, "the Hidden One." Their stories form a deeply satisfying literary mystery and a funny-sad meditation on how the past haunts the present—and how we haunt the future.



unapologetically entertaining *Captain Alatriste* series (of which this is the second volume), Pérez-Reverte firmly buckles on his swash and swaggers into the muddy, bloody streets of 17th century Madrid.

It's a poor but proud city where tempers run high and everybody is ready to stab and/or shoot one another at the drop of a plumed, foppish hat and where a woman has just been found strangled in her sedan chair, along with a pouch of coins and a note that reads, "For Masses for your soul."



LEONARD'S SWANS

KAREN ESSEX

TWO SISTERS marry into uppermost Renaissance Italian society.

Plain, naive Beatrice gets the ruler of Milan, while precocious (and luscious) Isabella winds up with a lesser man. In this gold brocade world, where every gesture echoes in quadruple—as politics, family, sex and art—only the virtuosos survive, and leading the dance is the greatest virtuoso of them all, Da Vinci. —By Lev Grossman



THE PALE HORSEMAN

BERNARD
CORNWELL

"THERE IS SUCH joy in a good ship, and a greater joy to

have the ship's belly fat with other men's silver. It is the Viking joy ..." Such are the pleasures animating this big-bellied, bushy-bearded tale of 9th century England. Our hero is Uhtred, a good-hearted lout with a pleasantly sour disposition; he's like a 9th century Han Solo. As an English nobleman who was raised by the invading Danes but whose fate is to fight against them (with his deadly sword Serpent-Breath!), he endows the book with an unexpectedly complex, thoughtful soul.



► PURITY OF BLOOD

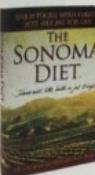
ARTURO PEREZ-
REVERTE

HE HAS BEEN known to flirt with higher literary flights, notably in *The Club Dumas*, but in his hard-boiled, mordantly funny,



A FEAST OF DIET BOOKS

You've heard of the South Beach diet. Now get ready for the latest pound-shedding plans from Sonoma County and Park Avenue. Based on each locale's particular tastes, these new regimens aim to make dieting more palatable by mixing snob appeal with an occasional glass of Pinot. Here's a look at the "destination diets" and a few other weight-loss books worth sampling. —By Andrea Sachs



WILD WEST

No calorie counting. No points. No weighing. No measuring. No obsessing about low-carb or low-fat foods. Just small portions of sun-drenched, California-style cuisine,

accompanied by red or white wine. Think gourmet, not gourmand. BUZZWORDS: Waves; Power Foods; Mediterranean Diet.



EAST-SIDE STORY

Wealth, privilege and ease equal weight loss. But forget about liposuction and plastic surgery. This hardy regimen stresses daily aerobic exercise, high-quality protein, calcium and the prohibition of all processed foods. Eat less but eat well. BUZZWORDS: Ladies Who Lunch; the Stop! Watch! Method of Exercise.



Monotony is magical. A Yale nutritionist says too many flavors stimulate our appetite-control cells. Soothe your brain with flavor repetition, and you'll feel full with fewer calories.

Think cranberry sauce and cranberry ice cream. BUZZWORDS: Pineapple Day; Onion Day.



GRAINS OF WISDOM

Rice is low fat, low sodium and low just about everything except fiber and calories. But what other diet dares to promise a 20-to-30-lb. weight loss per month? Let's hope the rice shipment is not on a slow boat from China. BUZZWORDS:

Rices; Dieta; Mindfulness; Detox.



FOR LOVE OR BLOAT

Who needs a gym when the boudoir is so close? This book's recipes are not for food but for aphrodisiacs. Try the Venus Avocado or the Ginseng Salmon. Count your pleasures rather than your carbs. BUZZWORDS: Quickies; Well-Balanced Bedroom; the Kama Sutra.



EVERYMAN MEALS

This plan offers up real food for real people. Here, home cooking is your best friend, and fast food is the devil. Attention, shoppers: cruising the right grocery aisle is the not-so-secret weapon. Steer toward the produce and away from sugary treats. BUZZWORDS: Boot Camp; Pedometer Power.



SPLIT SCREEN

QD is medical jargon for "every other day," and it's the basis of this meal plan. To enjoy its spiritual and mental benefits, you will alternate a day of fasting on just 400 calories with another day of chowing down. But no bingeing allowed and only one dessert. BUZZWORDS: On Days; Off Days; Mini-Meals.

**GOGLING VIDEO**

Apple's got iTunes, and now Google has a video store. The cost of content varies: CSI reruns are \$1.99, and NBA games are \$3.95. For now, most network programming is protected and viewable only on a PC. Everything else can be seen on an iPod or a Sony PSP.

**FINDING A BETTER WAY**

Portable GPS navigators aren't new, but Alpine's BlackBird takes the technology a step further. It gathers traffic updates, announces turn-by-turn directions and transmits MP3s to your car stereo. **\$700**

**READING THE FUTURE**

Sony hopes its 1/2-in.-thick Reader, with a high-contrast screen and enough memory to hold the text of 80 books, will change the way we read. Sony's online bookstore has a few thousand eBook titles available for download. **\$300 to \$400**

ROBOTIC WONDER

Mindstorm NXT isn't your typical Lego set. Equipped with a 32-bit computer as well as USB 2.0 and Bluetooth interfaces, it lets you build robots that walk, talk and interact with their environment. Available in August. **\$250**

GEARING UP FOR 2006

For some, Christmas comes the first week in January, when the annual Consumer Electronics Show (CES) takes place in Las Vegas. This year 2,500 exhibitors showcased everything from a 103-in. plasma TV to a portable $\frac{1}{2}$ -in.-thick satellite radio. Here are the products and the services we considered to be best in show. —By Wilson Rothman

THE NEW DISC WARS

It's too early to render standard DVDs obsolete, but high-definition discs are clearly the future. The only question: Which format will become the industry standard, Blu-ray or HD DVD? Technically, they're pretty similar, so it will ultimately depend on what consumers will buy. Judging from CES's offerings, there is plenty to choose from. Both Toshiba and RCA announced they will ship \$500 to **\$800** HD DVD players this spring. Sony, Panasonic, Sharp, Pioneer and Philips say they will ship Blu-ray players later this year. But Samsung will be first, with a **\$1,000** Blu-ray in April.



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If you were a Time Warner Cable subscriber any time between January, 1994 and December, 1998, you may be eligible for free cable services from a class action settlement.

Please read this Notice. Your legal rights may be affected.

A settlement has been proposed in a class action lawsuit which claimed that Time Warner Cable sold its subscribers' personal information to other companies for marketing purposes. The settlement will provide free Time Warner Cable services to anyone who subscribed to Time Warner Cable at any time between January 1, 1994 and December 31, 1998, and was on a list of subscribers whose information may have been sold. If you qualify, you may send in a claim form to get free cable services, or you can exclude yourself from the settlement, or object to it.

The U.S. District Court for the Eastern District of New York authorized this notice. Before any free services are given, the Court will have a hearing to decide whether to approve the settlement.

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What's This About?

The lawsuit claimed that Time Warner Cable sold personal information about its subscribers to other companies, without first making the required disclosures of its practices to subscribers. As a result, the lawsuit asserted violations of applicable law relating to Time Warner Cable's privacy notice and disclosure practices from 1994-1998. Time Warner Cable denies it did anything wrong and does not admit any wrongdoing by this settlement. The Court did not decide which side was right. But both sides agreed to the settlement to resolve the case.

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If you qualify, here is what you can get:

Current Subscribers: If you are a Time Warner Cable subscriber now, and your information had been available for sale, you can pick either: (1) one free month of any additional Time Warner Cable service that you don't already have, or (2) two free Movies On Demand.

Former Subscribers: If you are not a Time Warner Cable subscriber now, and your information had been available for sale, you can pick either: (1) one free month of any Time Warner Cable service with free installation, or (2) you can give your settlement benefit to someone else. If you pick HBO or Cinemax, you also can get a free month of The Movie Channel or Showtime.

Your Free Service May Double: Depending on how many people claim the free services, you may get double free services. If you claim a free service, you will be told later if it has doubled. You can find out more about the settlement benefits at the number or website below.

How Do I Ask for the Free Services?

The detailed notice and claim form package have everything you need. Just call or visit the website below to get them. To qualify for a free Time Warner Cable service, you must send in a claim form. **Claim forms must be postmarked by July 24, 2006.** Once this settlement is final and becomes effective, you will be contacted regarding your claim for free service and be able to make your selection at that time.

What Are My Other Options?

If you don't want to be legally bound by the settlement, you must exclude yourself by **March 24, 2006**, or you won't be able to sue Time Warner Cable about the legal claims in this case. If you exclude yourself, you won't get any free services from this case. If you stay in the settlement, you may object to it by **May 4, 2006**. The detailed notice explains how to exclude yourself or object.

The Court will hold a hearing in this case (*Parker v. Time Warner Ent. Co.*, Case No. CV 98-4265), on **May 19, 2006 at 10:00 a.m.**, before the Honorable I. Leo Glasser at the U.S. District Court for the Eastern District of New York, 225 Cadman Plaza East, Brooklyn, New York, Courtroom 5, to decide whether to approve the settlement. Time Warner Cable also has agreed to pay the four law firms representing all Class Members \$5,000,000 in attorneys' fees and costs, for investigating the facts, litigating the case since 1998, and negotiating the settlement. The Court also will consider whether to approve this payment at the hearing. You may appear at the hearing.

Please do not contact the Court
www.twcsettlement.com



TRIMMING YOUR DEBT

If you were a little, say, heavy-handed with the plastic this holiday season, you may find yourself regretting that behavior when the bills roll in. Why? Banks and credit-card companies must follow new federal guidelines from the Office of the Comptroller of the Currency that require minimum payments to cover interest and fees plus at least 1% of the principal. For the 7% of consumers who pay only the minimum, that will mean writing fatter checks. But what if you're sick of the whole plastic ride and really want to put a serious dent in your debt? Here's how to get started. —By Jean Chatzky

LIVE JUST A LITTLE LESS LARGE

When you think about how you got into this mess, chances are it's a result of spending a little too much for a little too long. My book *Pay It Down*, now out in

paperback, contains a step-by-step plan based on the idea that digging out of debt means reversing the process. So think about expenditures that you can trim. The faster you want it to happen, the bigger the cuts

you have to make. While eliminating a daily latte will do a bit of good, you'll do better to focus on the dramatic. Do you really need that third car, for example? What if you cut back to basic cable or a bare-bones cell-phone

plan, or (if you can't do that) got rid of your landline entirely? Perhaps this summer you could vacation at home instead of spending \$2,000 for a week at the beach, or trade two weeks for a seven-day getaway.

REFINANCE YOUR MORTGAGE

In recent years about a third of all mortgages issued have been adjustable. That's the highest percentage since 1990, when the Mortgage Bankers Association began tracking such numbers. When rates adjust, says Keith Gumbinger, vice president of

HSH Associates, a publisher of mortgage-rate information, you could find yourself looking at an interest rate of 7%. Bring down the rate by locking into a 30-year fixed-rate mortgage at today's 6.3%.

On a \$275,000 mortgage, you'll save \$128 a month, or \$1,526 a year.

GET TECHNICAL WITH THE IRS

More than two-thirds of Americans received a tax refund last year, and that return averaged \$2,200. To get your refund back as quickly as possible, consider filing your taxes electronically, and then elect to have the refund deposited directly into your account. You'll have your money in 10 days to two weeks rather than six to eight weeks if you file by snail mail.

CREATE NEW FINANCIAL HABITS

Once you've made those sacrifices, be sure to make them stick. How? Use a debit card rather than a credit card, so that you're spending money you have, not money you don't. And start keeping track of where your money is going so that you can stop yourself from overspending in 2006. —With reporting by Amanda Gengler

12 to 13
THE NUMBER OF CREDIT CARDS PER U.S. HOUSEHOLD



\$7,200
THE OUTSTANDING BALANCE HELD ON THOSE CARDS

18%
AVERAGE INTEREST RATE CHARGED BY CARD ISSUERS

PLAYING THE PERCENTAGES

Owe \$7,200 on a credit card that charges 18% interest? If you pay only 2% of your balance each month, it will take you more than 52 years to settle up and cost you \$20,531 in interest. Raise your payment just 2 percentage points, to 4% of the balance, and you will eliminate the debt in less than 14 years and lay out only \$4,236 in interest. Total savings: \$16,295.

8 out of 10 Americans don't get enough sleep. The other 2 probably have a Tempur-Pedic.

Finally, a comfortable night's sleep

You know how it goes: toss, turn, flip the pillow, toss, turn, toss. You could spend half the night just trying to fall asleep. Not so with Tempur-Pedic's Weightless Sleep™ mattress. Spend the night on one and see what sleep clinics have proven — we reduce nighttime tossing and turning by more than 70%.



Tempur-Pedic's remarkable pressure-relieving material conforms to your body, rather than making you conform to it. Order your FREE sample and demonstration kit today.



Revolutionary pressure-relieving material

Our unique viscoelastic sleep surface coddles you. Our revolutionary pressure-relieving material conforms to every point on your body, with relaxing molecular memory cells that give you the best night of sleep you'll ever have. No wonder *Consumers Digest* rated Tempur-Pedic as a Best Buy. No wonder we're the only mattress recognized by NASA.



Unheard of warranty

And our 20-year limited warranty means you won't lose sleep over your Tempur-Pedic's durability. We guarantee its comfort for double the life of a regular bed. Plus it never needs to be flipped. It just doesn't get any better. And it's only from Tempur-Pedic.

Tempur-Pedic owners love their beds:

- 92% sleep better and wake up more refreshed
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- 91% have recommended Tempur-Pedic to their friends



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Eggland's Best Eggs have all the delicious, farm-fresh taste your family loves. In fact, Eggland's Best Eggs were recently judged "America's Best Tasting Egg" by the Professional Chefs of the American Culinary Institute.

Yet, EB's give your family superior nutrition, too. Compared with ordinary eggs, they provide:

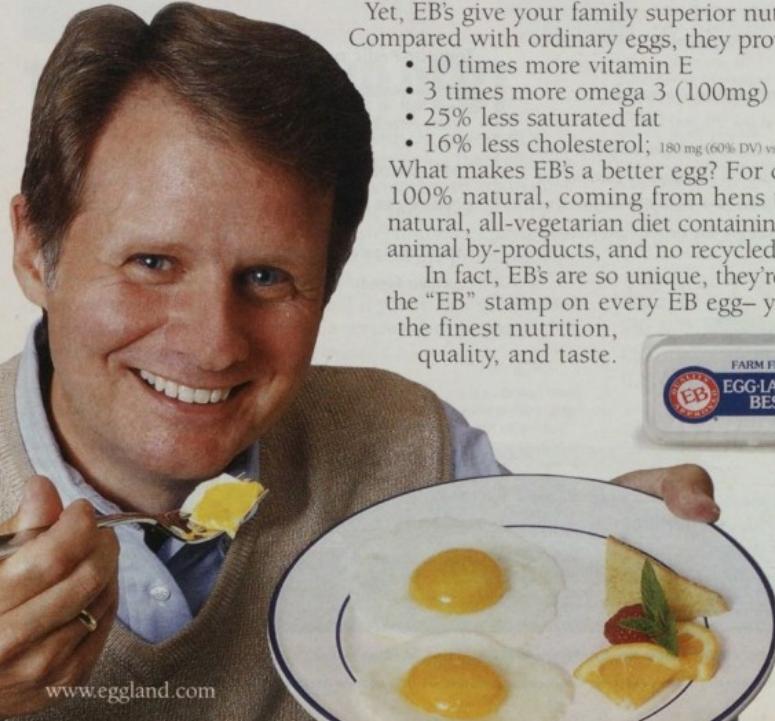
- 10 times more vitamin E
- 3 times more omega 3 (100mg)
- 25% less saturated fat
- 16% less cholesterol; 180 mg (60% DV) vs. 215 mg (71% DV)

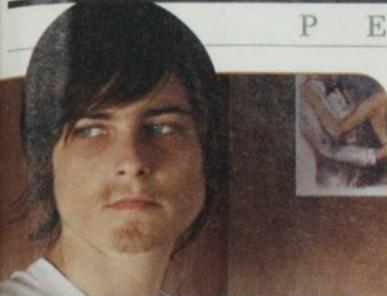
What makes EB's a better egg? For one thing, they're 100% natural, coming from hens that are fed an all-natural, all-vegetarian diet containing no animal fat, no animal by-products, and no recycled or processed food.

In fact, EB's are so unique, they're patented. Look for the "EB" stamp on every EB egg—your assurance of the finest nutrition, quality, and taste.



The better egg





WHAT'S IN: GENDER BENDERS

Newcomer **DANIELA SEA** plays Moira/Max, who is debating a female-to-male sex-change operation on Showtime's *The L Word*. Pop culture is rife with transsexual story lines lately. Finally, characters who really evolve.



FELICITY HUFFMAN seems in line to snare an Oscar nomination for her role as a male-to-female transsexual who discovers she fathered a son in *Transamerica*. Plus *Desperate Housewives'* plain-Jane mom finally got to smear on the rouge.

Appearing on Oprah and Larry King touting her autobiography, *She's Not There: A Life in Two Genders*, novelist **JENNIFER FINNEY BOYLAN** told how she stayed married to her wife after her sex change. It's a transsexual tale even pro-family groups might love.



With an A&E documentary under way on her impending sex-change operation and a role on VH1's *The Surreal Life*, **ALEXIS ARQUETTE**, sibling of actors David, Rosanna and Patricia, will rival her sibs' fame—and give their kids a brand new aunt.



HEATHER'S HOW-TO

In her new ABC sitcom, *Emily's Reasons Why Not*, **HEATHER GRAHAM** plays a self-help book editor who fails to absorb the soundest relationship advice. Unlike her character, Graham has picked up a few nuggets after dating actors like Ed Burns and Heath Ledger. "If he says, 'I'm not emotionally available right now,'" says the *Boogie Nights* star, "listen." Somehow we think men are a bit more available when you're *Rollergirl*.



FROM TOP: LANA WESTON; SHOTME; JESSICA MOLDO; WEINSTEIN CO.; ANNE HUBBET; AP; JOHN SHIRRE; WIRE IMAGE

COMING UP ROSES

Apparently, **VINCE YOUNG** was sick of the number two. Quarterback of the No. 2-ranked Texas Longhorns, Young came in second to University of Southern California tailback Reggie Bush in Heisman Trophy votes in December. But when Young upset Bush's top-ranked team in an electrifying Rose Bowl game last week, he became sport's No. 1 underdog hero. "I'm just a real blessed guy," says Young, who must decide by Jan. 15 whether to return senior year or enter the NFL. If Young picks the pros, he'll face Bush again—for the No. 1 draft pick.



MICHAEL BLAKE—REUTERS

Q&A | JAMIE FOXX

Defying most predictions for an actor-singer's recording effort, Jamie Foxx's new album, *Unpredictable*, hit No. 1 on the *Billboard* chart.

Eddie Murphy's, Don Johnson's—the trail of albums left by actors isn't pretty. Were you worried that yours wouldn't be taken seriously?

A lot of people didn't know what to expect. Friends of mine called and said, "Yo, that record is actually good," Ludacris called. Snoop. I wanted to do real music. It's to get you romantic. It's to tell my gangsters, my players, my hustlers to take an intermission. It's about love. It's time to sing about some different things.

Well, the songs actually sound like they're

about sex. Anything can be romantic. Me, I like to get poppin' with the romance. I'm not ashamed. I'm not afraid of it.

Almost a year after your Oscar, are you handling the situation? Oh, yeah. We're definitely handling the situation. We parlayed the Oscar into the music. There's a few things where I have been tested and I could have gone the Terrell Owens route. But we decided to handle things internally and be as humble as you can.

Who's we? Oh, I know that sounds weird. My management. I don't like to be by

myself. Growing up as an only child, now I always like to have people around me.

What's your karaoke song? Do Me!, by Bell Biv DeVoe, because we kill it. We are the karaoke kings. We kill at that, and then we come right back with Y.M.C.A.



GUY NAMIKI—COMBIS OUTLINE

James Poniewozik

Once More into the Depths

The miners' tragedy in Sago, W.Va., struck an ancient vein of dread and hope

WHEN JESUS DIED, SO THE GOSPELS SAY, THEY SHUT HIM up in a cave. He descended into hell. On the third day, his disciples found the stone to his tomb rolled away. He had risen, defeated death, stepped from the darkness into the light.

When the families of 12 miners trapped in a Sago, W.Va., coal mine found out last week that their loved ones had not survived, after being mistakenly told that they had, it was a cruel inversion of the resurrection story. For about three hours, their husbands, fathers and sons were, in their minds, brought back to life. Then they died again.

The families' grief and rage are hardly surprising. But it is not callous to wonder why—besides simple compassion—this story, like cave-in and child-down-a-well stories in the past, moved America to hold an electronic vigil. Soldiers are killed in Iraq, for instance, every week. They are no less brave, and their families grieve no less. But until the total reaches some grim round number, the stories recede from the front page and the top of the evening newscast.

Mining, however, is a different kind of danger, and its disasters take us not just out of our routine but out of our time. The men—and they are still mostly men—risk explosion or asphyxiation, to say nothing of cancer and emphysema, not for a principle or a geopolitical end but to put food on the table. They hark back to Dickensian, even prehistoric times, when making a living meant chancing death.

The reminder that some people still do this—and that heating our houses and charging our iPods depends on it—is even more arresting now that such tragedies have become rarer. Particularly when so many Americans work in sterile, comfortable, safe environments, attention must be paid to those who don't. As the son of one dead miner told the *New York Times*, "He gave his life in there so I could go to the movies."

Then again, on Sept. 11, 2001, almost 3,000 people died because they showed up at comfortable, safe jobs as secretaries, traders and flight attendants. For a brief cultural moment, 9/11 turned average Americans into coal miners; that is, it suddenly became plausible to ask, "If I die today doing this job, will it have been worth it?" But unlike the the horror of 9/11, when millions watched the second plane hit the World Trade Center on live TV, a mine collapse is horrifying for the opposite reason:

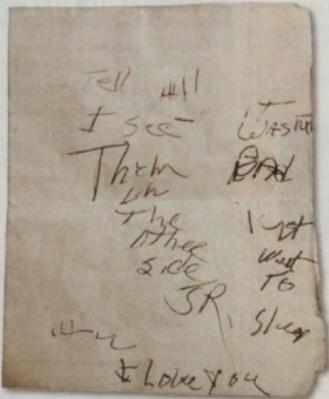
we see nothing and hear nothing. A group of men is either alive or dead and—in this age of GPS locators, instant messaging and Google Earth—thousands of feet of antediluvian rock stand between us and knowing their fate.

We are used to getting instant information, if not instant understanding, these days: we get mid-surgery updates on Ariel Sharon, we track hurricanes in real time by computer. But after the explosion at Sago, we knew little more than we would have had it occurred 100 years ago. The machinery of electronic media could only fill the airtime in useless agitation, finally exploding in a burst of false "Miracle!" reports.

Of course, the dread and frenzy around premature burial is not unique to the post-9/11 or Internet era: there was the Baby Jessica McClure well-rescue story in 1987. One of the first such media circuses happened in 1925, when spelunker Floyd Collins was trapped in Kentucky's Sand Cave. The world was kept on tenterhooks, and 10,000 people a day, news reports said, showed up to gawk and picnic at the rescue site. After Collins was found dead, 17 days later, songs were written, and the incident became the basis for a musical, the Robert Penn Warren novel *The Cave* and the acerbic 1951 Billy Wilder movie *Ace in the Hole*, in which a small-town reporter hits the big time by exploiting a mine-rescue story.

Whatever role today's anxieties and media play, the terror and fascination of entombment tap into something primal. To be trapped underground is to be not just in danger but separated from the world of the living. What is underground? It is where the dead are buried. It is where cultures have placed the underworld in their eschatology, where souls are judged and the wicked rent by monsters, boiled in oil or raked by demons over flaming coals.

And what are coal miners? People who descend into hell. People who dig into the devil's backyard, where nothing lives, and bring forth something that burns as hot as Satan's fire. One of the miners who died at Sago, Martin Toler Jr., wrote a note in his last hours: "Tell all I see them on the other side." It was the last sentiment of a man whom family described as deeply religious. But it was also a simple metaphor for the daily hope of every worker who delves in those deep reaches: to rise again and see the faces they love once more. And the fervent wish-felt, in our direst hours, by even the most secular among us—to step from the darkness into the light.



The last written words of Martin Toler Jr., scrawled on the back of an insurance form

LIFE



LIFE IN **D**

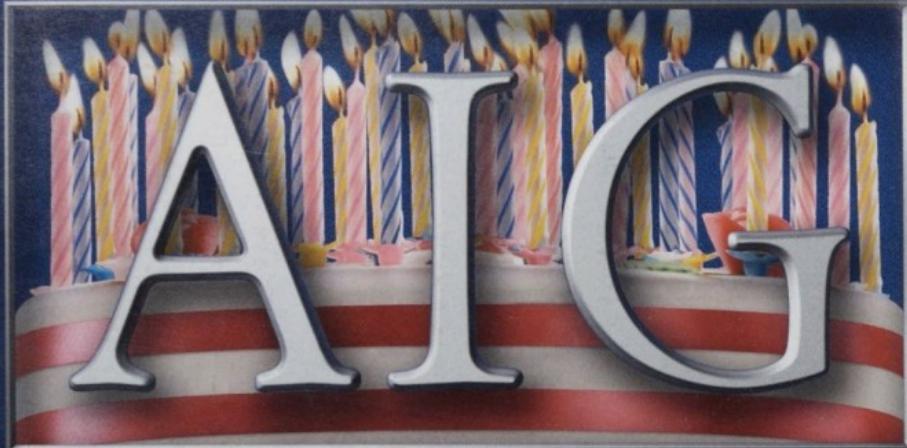


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